

COOKING

WITH THE U. A. W.



Local 1929

OFFICERS' PAGE

Women's Committee of Local 1929

Chairperson	Dana Hobbs
Recording Secretary	Cindy Smith
Treasurer	Jill Mitchell

Committee Members

Debbie Mayes	Cindy Hill
Juanna Carter	Norma Reeves
Barbara Krebs	Debbie Hunter
Camilla Crook	Jackie Marshall
Laura Edwards	Sharon Gilbert
Anne Burgess	

Cookbook Committee

Chairperson
Dana Hobbs

Layout & Design
Debbie Hunter & Barbara Krebs

Recipe Collection
Cindy Hill & Jill Mitchell

Advertising Sales
Juanna Carter & Camilla Crook

Promotions
Jackie Marshall

Proofreading
Cindy Smith, Lora Dührberg, & Jill Mitchell

Typing
Norma Reeves, Lora Dührberg, Jackie Marshall & Dana Hobbs

APPRECIATION PAGE

The Women's Committee of UAW Local 1929, and the companies and sponsors of this cookbook would like to thank and express our sincere appreciation to the many people in Local 1929 who gave so generously of their time and energy in collecting and submitting recipes and assisting with the sale of our cookbooks. Without their help this cookbook would not have been possible.

Special Thanks to

Mark Haisten
Bebe Packard
Pat Huskey
Julian Brown
Lora Dhrberg
Randy Ruple
Diane Gilley
Lisa McCormick
Dick Pope
Lee Pinson
Steve Tanner
Kathy Mach
Sarah Schettler
Cam Shelton
Tina Farrell
Jayna Krebs
Shelvia Waters

Women's Committee of Local 1929

TABLE OF CONTENTS

<u>Section</u>	<u>Pg. No.</u>
<i>Appetizers.....</i>	<i>1</i>
<i>Soups, Salads, Sauces.....</i>	<i>15</i>
<i>Beverages.....</i>	<i>31</i>
<i>Vegetables.....</i>	<i>37</i>
<i>Main Dishes.....</i>	<i>59</i>
<i>Breads.....</i>	<i>97</i>
<i>Desserts.....</i>	<i>105</i>

LOCAL 1929



WOMENS'
COMMITTEE

Appetizers



Artichoke Dip

1 can Artichoke hearts, 1 c. Parmesan
drained and chopped cheese
1 c. mayonnaise (grated)

Preheat oven to 300. Mix ingredients in an oven safe 1 qt. dish. Bake for 30 minutes. Serve with crackers.

Gail Ruple

Bacon-Cheese Rollups

1 loaf bread (crust cut off)
1 (8 oz.) cream cheese (softened)
1/3 c. parsley flakes
1 lb. bacon (slices cut in half)

Preheat oven to 350. Mix together cheese and parsley. Spread onto each slice of bread. Roll lengthwise and cut in half. Wrap each with bacon and secure with toothpick. Place on cookie sheet and bake until bacon is done.

Gail Ruple

Bratwurst Sausage Balls

1 pkg. Bratwurst liver sausage
1 pkg. dry onion mix
3 (8 oz.) pkg. cream cheese

Use hand mixer; mix sausage, soup mix and 2 pkg. of cream cheese in a mixing bowl. Form ingredients into a ball. (cont'd)

Refrigerate overnight. Remove from bowl and place on a serving dish. Frost with last pkg. of cream cheese. Garnish with olives or nuts to taste. Serve with crackers.

Sandy Beard

Broccoli Dip

2 (10 oz.) boxes of frozen broccoli
2 cans cream of mushroom soup
1 large onion
2 (8 oz.) cans mushroom pieces, drained
2 chunks of Monterey Jack cheese
1 (8 oz.) pkg. of almond slivers or slices

Cook broccoli according to pkg. Saute onions in 1 stick of oleo. Add remaining ingredients except almonds and mushroom pieces. Cook on low heat until cheese chunks have melted. Add almonds and mushrooms. Salt and pepper to taste. Serve hot with tortilla chips.

Judy Lewis

Buffalo Wings

24 chicken wings 1/4 c. vinegar
1/4 c. tabasco sauce 1 stick margarine
1 pkg. Ranch dressing mix (dry)

Mix tabasco, vinegar, and margarine in skillet and heat. Pour into bowl and dip chicken wings in the sauce. Place (cont'd)

in an oblong dish. Sprinkle with Ranch dressing mix and bake at 350 for 45 minutes.

Alisha Scott

Cheese Ball

2 (8 oz.) pkg. cream cheese
2 pkg. pressed ham
4 green onions
chopped pecans

Chop onions and ham; mix with cream cheese. Form into ball and refrigerate until firm. Roll in chopped nuts.

Gail Ruple

Cheese Ball

8 oz. cream cheese
8 oz. sharp cheddar spread
8 oz. Colby cheese
1/2 c. half and half
1/2 c. milk
1 1/2 tbs. worcestershire
1 tsp. white wine worcestershire
1 tsp. Dale's sauce
1/2 tsp. black pepper
1/2 tsp. seasoned pepper
1/2 tsp. seasoned salt
dash smoke sauce
chopped pecans
add: finely chopped onion, green pepper, celery, dill pickles.
(cont'd)

Combine all ingredients except pecans.
Form into log and roll in pecans. Wrap in
tin foil and chill.

Karen McCutchen

Chicken Ball

8 oz. cream cheese 3 tsp. worcestershire
6 1/2 oz. can white chicken

Mix all ingredients. Form into ball.
Roll in chopped nuts.

Donna Lang

Cheese Ball

1 lb. cheese (Kraft or yellow cheese)
1/2 lb. New York extra sharp cheese
2 tbs. worcestershire
1/2 lb. cream cheese
1/4 tsp. red pepper
1 tbs. grated onion
juice of one small lemon
3/4 c. mayonnaise
sprinkle of garlic salt

Grate cheese; add all ingredients. Mix
well. Mixture will seem soft to mold into
ball but put it in the fridge until firm.
Then mold into ball (makes 2) the size you
desire. Roll in Parmesan cheese and
sprinkle with paprika. Keep in fridge
until one hour before serving.

Mildred G. Cloninger

Cheese Ball

2 (8 oz.) cream cheese	1 tbs. onion,
1 jar Old English cheese	grated
2 tbs. mayonnaise	1 tbs. pimento,
1 tbs. Parmesan	one chopped
1 tbs. lemon juice	chopped pecans

Mix well. Roll into a ball and roll in
pecans. Store in fridge.

Vicki Farmer

Cheese Ball

2 8 oz. pkgs. cream	1 8-1/2 oz. can
cheese	crushed pineapple
1/4 c. finely chopped	(well drained)
green pepper	2 tbs. chopped
1 tbs. seasoned salt	onion (finely
(Lawry's)	chopped)
2 c. chopped pecans (reserve 1 c.)	

Mix all ingredients together; chill for 2
hours. Roll in chopped pecans; chill
overnight.

Julian Brown

Cheese Dip

1 lb. Velveeta	1 can cheddar
Picante sauce to taste	cheese soup
3/4 of the soup can filled	
with milk	

Mix soup, sauce and milk in blender.
Pour into pan; heat on low. Once hot,
add cheese. Stir until melted.

Lynne Gifford

Cheese Dip

1 lb. Velveeta 1 (10 oz.) Ro-Tel

Put Ro-Tel in pan on medium heat. Slowly add cut pieces of cheese until melted. Stir frequently.

Gail Ruple

Cheese Pine Cones

1 lb. New York sharp cheese	4 8 oz. pkgs. cream cheese
2 tsp. grated onion	2 tsp. diced pimento
2 tsp. minced bell pepper	2 tsp. seasoning salt
2 tsp. Worcestershire sauce	1 tsp. garlic salt
	1/2 oz. blue cheese (optional)

Grate the sharp cheese into a large bowl. Add the softened cream cheese, then add all other ingredients. Blend by hand until very evenly distributed. Shape into 2 lobes and place into position on serving platter. Frost with deviled ham. Stud with rows of pecan halves. Add greenery and a bow.

Betty Rose

Cheese Wafers

8 oz. sharp cheese
1/2 tsp. prepared mustard
2 c. plain flour
2 c. Rice Krispies
2 sticks of oleo (cont'd)

1/4 tsp. cayenne pepper
3/4 c. chopped pecans

Mix cheese and oleo well. Add flour, seasonings, cereal and pecans. Mix well. Roll into small balls and press flat with fork. Bake on greased cookie sheet at 350 degrees for 10 to 15 minutes or until golden brown. Wafers may be frozen after baking. To serve, crisp in oven 2 to 5 minutes at 350 after thawing.

Lucy M. Gray

Ham Filled Cheese Puffs

1/4 lb. butter	3 c. flour
2/3 lb. ham	1 dz. eggs
4 tsp. Dijon mustard	3 c. water
1/2 lb. Swiss cheese (grated)	

Combine butter and water; bring to a boil, add flour and stir until mixture will pull away from sides of pan. Beat eggs one at a time with an electric mixer. Beat 5 minutes on high. Stir in cheese. With a tablespoon, shape 48 rounds of dough and put on cookie sheets. Dampen a finger and make a large depression in each round. Mix ham and mustard, spoon into rounds. Dot with butter. Bake at 375 for 30 to 40 minutes. When cool, wrap in foil and freeze. Day of the party warm for 15 minutes at 350.

Donna Lang

Jack Horner Sandwiches

3/4 c. cream of mushroom soup
 1/2 c. ground cooked ham
 1 c. ground cooked chicken
 12 slices of bread (buttered)

Combine soup with ham and chicken; mix well. Spread between slices of bread. Makes 6 sandwiches.

Anne Burgess

Mexican Cheese Dip

16 oz. hot sausage 1 jar of hot salsa
 16 oz. sour cream 1 can refried beans
 16 oz. hot Mexican cheese
 Santitos Tortilla Strips

Brown sausage and drain. Melt cheese in crock pot; add all ingredients together. Keep warm in crock pot. Use dip with the chips.

Terri Gray

Peanut Butter and Jelly Sandwich

2 slices bread 2 tbs. peanut butter
 2 tbs. jelly (any)

Spread peanut butter on one slice and jelly on the other slice; put together. Enjoy.

Craig Farmer

Petite QuicheFilling:

1 pkg. cream of leek soup
 1/2 lb. Swiss cheese (grated)
 1 tsp. dry mustard
 1/4 tsp. pepper
 2 c. milk
 1 c. cream
 4 eggs
 1 tsp. salt

Bring soup and milk to a boil. Cool slightly; stir in cream. Beat eggs with remaining ingredients and add to soup. Fill pastry cups. Bake at 375 until brown. May freeze and reheat in foil. Makes 4 dozen.

Pastry:

2 sticks butter
 2 c. flour
 6 oz. cream cheese

Allow cheese and butter to soften; cream together with hands. Work flour into mixture. Pinch off small balls of pastry and press into petite cupcake pan.

Donna Lang

Smokies

1 jar Heinz chili sauce
 1 pkg. little smokies

Mix together in crock pot and heat for about 30 minutes. Great for parties.

Terri Gray

Pigs in a Blanket

1 pkg. wieners 1 can crescent rolls
 slice cheddar cheese

Split wieners lengthwise almost all the way through. Cut cheese in strips 1/4 inch thick. Place inside wieners. Starting at the short corner of roll, roll each around a wiener. Place on cookie sheet and broil until cheese is bubbly.

Anne Burgess

Puppy Chow

1 c. peanut butter large box Crispix
 1 stick oleo Cereal
 12 oz. chocolate chips

Melt first three ingredients in microwave. Mix in cereal. Put in bag with almost a box of powdered sugar and shake.

Dana Hobbs

Sausage Balls

1/2 lb. sausage 1 1/2 c. Bisquick
 1/2 lb. cheddar cheese

Mix sausage and cheese together. Add Bisquick, mix well. Roll into balls. Bake at 450 for 15 minutes. Makes 3-4 dz.

Jack and Geri Freeman

Refrigerator Cheese Balls

Grate 1/2 lb. cheddar cheese.
 Add: 3 tbs. mayo 1 tbs. butter
 2 tsp. worcestershire
 1/2 tsp. garlic salt
 Mix well.

Remove crust from 1 loaf sliced, white bread. Roll thin. Spread mixture on bread. Roll up. Refrigerate or freeze. To serve, return to room temperature; slice each roll in half. Broil until lightly brown.

Gwen Axenroth

Shrimp Dip

1 can of baby shrimp 1/2 c. chopped
 1/2 c. chopped green celery
 onions
 3 oz. cream cheese 1/2 c. mayo
 1-1/2 tsp. lemon juice dash of salt

Rinse, drain and chop up shrimp. Add onion and celery. In a separate bowl, mix cream cheese and mayo. Add this mixture to shrimp. Stir well. Add lemon juice and stir.

Regina Chambers

Shrimp Mold

1 c. chopped celery 1/2 c. chopped onion
 14 oz. can shrimp 1 c. tomato soup
 1 pack Knox gelatin 1 c. mayonnaise
 12 oz. cream cheese

Mix soup and gelatin on stove. (cont'd)

Appetizers

Blend cheese and mayo together. Pour soup mixture, cheese mixture and other ingredients together. Pour into mold and chill until hard. Serve with crackers.

Cam Shelton

Snack Crackers

1 box oyster crackers 1/2 c. oil
1/2 tsp. garlic and onion powder
2 pkgs. Ranch Dressing (dry mix)

Mix dry ingredients with oil. Pour over crackers. Put in large container and shake several times a day.

Dana Hobbs

Spinach Dip

1 pkg. frozen spinach, chopped and cooked
2 c. mayo 1 tsp. salt
1/2 c. chopped parsley 1 tsp. pepper
1/2 c. chopped green onions

Mix all ingredients together and chill for 24 hours. Serve with raw veggies.

Bryon and Jean McClendon

Ham and Cheese Rollups

Ham slices cream cheese, softened

Spread cheese on ham. Roll up; cut in 1 1/2 inch sections. Secure with toothpicks.

Debbie Hunter

Appetizers

Cheese Dip

1 lb. Velveeta 1 can Ro-tel
1/2 lb. ground beef 1 can nacho cheese
 or cheddar cheese
 soup

Brown ground beef and drain. Melt cheese in a double boiler. Mix Ro-tel, soup and beef with Velveeta. Heat and serve over Dorito chips.

Danny Moore

Sausage Balls

3 c. Bisquick 1 lb. sausage
1 lb. cheddar cheese (grated)

Let sausage and cheese soften to room temperature. Then mix flour, sausage, and cheese. Form into balls and bake at 400 for 10-15 minutes.

Norma Reeves

Thank God For Dirty Dishes

Thank God for dirty dishes,
They have a tale to tell.
While others are going hungry,
We're eating very well.
With home and health and happiness,
I shouldn't want to fuss.
For by this stack of evidence,
God's very good to us.

NOTES

Soups, Salads & Sauces



Chili

3 lbs. ground beef	1 can Hunts
1 pkg. chili seasoning	tomato sauce
1 large onion	2 cans Hunts
2 cans kidney beans	tomato paste
1 can tomatoes	1 can mushrooms
1 tsp. garlic salt	Beer (any brand)
	1/2-1 can, to taste

Brown meat and scramble. Cover with garlic salt. Drain; mix all other ingredients in. Add water as needed, simmer for 2 to 3 hours.

Debbie Oliver

Homemade Veggie Soup

1) 1 lb. stew beef	3) 2 beef bouillon cubes
2) 1 large onion	4) 4 c. frz. mixed veggies
2 c. chopped potatoes	2 tbs. salt
2 ribs of celery, plus tops	2 tbs. pepper
2 lg. or 4 sm. tomatoes	2 c. frozen okra

Simmer steps 1 thru 3 until tender. Add step 4 and enough water to bring to a boil. Add other ingredients and simmer until all veggies are cooked and tender, 2-4 hours. Serve with North Carolina cornbread.

Grandma McCoy

North Carolina Brunswick Stew

- | | |
|---------------------------------------|--|
| 1 whole chicken,
cooked & deboned* | 2 c. green butter-
beans |
| 2 chicken bouillon
cubes | 6 strips of
uncooked bacon,
cut up |
| 2 c. white potatoes,
diced | 1 small can of
tomato sauce |
| 2 c. yellow corn | |
- *Save broth

Add to chicken and broth all of the other ingredients. Add salt, pepper, red pepper and tabasco sauce to taste. Bring to a boil, reduce heat and simmer 2-4 hours.

Grandma McCoy

Potato Soup

- | | |
|---|-----------------------------|
| 2 oz. butter | 1/2 lb. potatoes |
| 4 oz. onions (diced) | (grated,
unpeeled) |
| 2 qts. water | 1 tsp. salt |
| 1/4 c. chicken
bouillon | 1/2 tsp. white
pepper |
| 2-1/2 lb. potatoes,
(unpeeled & diced) | 1/2 tsp. seasoned
pepper |
| 1/4 c. flour | 1/2 tsp. black
pepper |
| 1/2 tsp. celery salt | |
| 2 c. half-n-half | |
| 2 oz. melted butter | |

In large pan, saute onions and butter. Cook until onions are limp (about 5 min.). Add water, chicken bouillon, diced and grated potatoes, beef bouillon, salt, white pepper, seasoned pepper, celery salt, and black pepper. Heat on high; bring to boil, reduce (cont'd)

heat, and simmer 1/2 hour. In another saucepan melt butter over medium heat. Add flour; stir until well blended. Turn heat to low, cook and stir 5 min. Add half-n-half to flour mixture to soup. Bring to boil, reduce heat, stir constantly until mixture thickens. Makes 4 quarts.

Karen McCutchen

Vegetable Chili

- | | |
|---|---|
| 1-1/2 c. chopped onion | 2 tbs. chili
powder |
| 1-1/4 c. chopped green
pepper | 2 tsp. ground
cumin |
| 1/2 c. chopped celery | 1/2 tsp. grd.
red pepper |
| 1 clove garlic, minced | 2 16 oz. cans
pinto beans,
undrained &
divided |
| 2 tbs. vegetable oil | |
| 2 16 oz. can tomatoes,
undrained and chopped | |

Saute first 4 ingredients in oil in a large Dutch oven until tender. Add tomatoes and next 3 ingredients. Empty 1 can of beans into container of an electric blender; blend beans until smooth. Add to tomato mixture with remaining can of beans. Bring to a boil; reduce heat, and simmer, uncovered, 30 minutes or to desired consistency. Yield: about 2 quarts.

Byron and Jean McLendon

Virginia Brunswick Stew

- | | |
|------------------|-----------------|
| 2 breast halves | 1/2 c. tomatoes |
| 1 c. butterbeans | 1/2 c. okra |
| 1 c. white corn | (cont'd) |

Cook chicken in broth until tender.
Add all veggies until tender. Salt and
pepper to taste.

Grandma McCoy

Anne's Tuna Salad

1 6 oz. can tuna 2 tbs. dried onion
packed in water flakes
4 hard cooked eggs, 3 tbs. lite Ranch
chopped style dressing
Mix all ingredients thoroughly. Keep
in refrigerator until used. Spread on
crackers or sliced bread.

Anne Burgess

Apple Cheddar Salad

2 sm. red apples, 3 oz. cheddar cheese
quartered sliced 1/4 c. mayonnaise
2 tsp. lemon juice Dash salt
2 c. celery, Dash pepper
thin sliced Lettuce

Place apples in small bowl. Toss with
lemon juice. Add next four ingredients;
toss to coat. Serve on lettuce-lined
plate.

Ruth Green

Bea's Corn Salad

1 c. celery 1 c. tomatoes
1 c. green pepper salad dressing to
1/2 c. green onions taste
1 can shoe peg corn black pepper &
(cont'd)

pinch of sugar salt to taste

Chop ingredients and mix everything
together.

Dana Hobbs

Chef Thomas' Noodle Salad

1 bag (12 oz) egg	1-1/2 tbs. dill
noodles	weed
2-3 c. mayonnaise	1/4-1/2 c. onion,
1-1/2 c. red wine	minced
vinegar	1 tsp. garlic
1 sm. can blk. olives	powder
1/4 c. parmesan	1 sm. can mush-
1-1/4 c. Julienne	rooms, optional
sliced celery	salt to taste
pepper (preferably	salad dressing
white pepper)	

All above measurements are approximate.
Cook noodles per directions on bag.
While noodles cook, combine all above
ingredients in large bowl. As soon as
noodles are drained, add to mixture in
bowl. Refrigerate immediately. When
cool, if runny, add more mayo. Best if
it sits for 24 hours before eating.

T. J. Baltrusaitis

Cherry Frozen Salad

1 lg. can cherry	1 c. chopped pecans
pie filling	1 can Eagle Brand
1 lg. Cool Whip	Sweetened, Con-
1 med. can crushed	densed, Milk
pineapples, drained	(cont'd)

Stir all ingredients together. Freeze. Set out of freezer 30 minutes to 1 hour before serving.

Margie Watson

Crab Spread

2 lbs. imitation crab meat, chopped 3 tbs. green onion, chopped
2 8 oz. pkgs. cream cheese, softened 3 tbs. celery, chopped
1/2 c. mayonnaise 3 tbs. horse-radish
2 tsp. lemon juice
Add ketchup until color desired

Mix all ingredients together in bowl and refrigerate.

Norma Reeves

Crabmeat - Avocado Salad

7 oz. crabmeat (drained) 1/2 tsp. salt
1/3 c. celery, chopped 1/2 c. mayonnaise
3 hard boiled eggs, chopped 3 lg. avocados
2 tbs. pimento, chopped lemon juice
1 tbs. onion, chopped salt
3 tbs. bread crumbs
1 tsp. melted butter
2 tbs. slivered almonds

Heat oven to 400 degrees. Mix crabmeat, celery, eggs, pimento, onion, salt, and mayo. Cut avocados lengthwise, remove pits, brush halves with lemon juice and sprinkle with salt. Fill halves with crabmeat mixture. Place bread (cont'd)

crumbs in butter and spoon over crabmeat. In shallow baking pan, bake (uncovered) for 10 min. Sprinkle almonds over crumb topping. Bake 5 min. longer or until bubbly. Serves 6-8.

Debby Gordon

Five Cup Salad

1 c. marshmallows 1 c. mandarin
1 c. chunk pineapples oranges, (sm. can)
1 c. coconut
1 c. sour cream

Drain pineapples and oranges, then mix all ingredients together. Chill for a few hours before serving.

Dana Hobbs

German Potato Salad

8 slices bacon 1 tsp. powdered
3 tbs. flour dry mustard
4 tsp. onion, chopped 1/2 tsp. crumbled
2/3 c. vinegar whole rosemary
2/3 c. water leaves
1/2 c. sugar 2 qts. cooked diced
4 tsp. salt potatoes
1/2 tsp. blk. pepper 1/2 c. parsley,
chopped

Fry bacon crisp. Remove from pan, drain and crumble. Add 1/2 c. of bacon fat left in the pan; add flour and onion. Stir in vinegar, water, sugar, salt, and spices. Cook only until medium thickness. Add potatoes, parsley, and (cont'd)

crumbled bacon. Mix carefully with 2 forks to prevent mashing the potatoes.

Callie Gamble

German Potato Salad

6 med. potatoes	1/3 c. vinegar
4 slices bacon	1-1/2 tbs. onion,
5 dashes pepper	chopped
1/2 c. water	1 tbs. celery,
9 heaping tbs. sugar	chopped
1-1/2 tbs. cornstarch	

Cook, peel, and slice potatoes. Fry bacon. Remove from skillet, leaving 4 tbs. grease. In skillet with grease, add pepper, water, sugar, cornstarch, vinegar, onion, and celery. Cook until thickens. (Optional: 2 tbs. eggs, 1 tbs. mayonnaise, 1 tsp. mustard.) Add crushed bacon. Pour over cooled potatoes; stir gently. Leave in refrigerator for 12 hours, stirring a couple of times. Serves 4.

Kim La Rock

Grandma's Bean Salad

1/2 c. green onions	1 bell pepper
2/3 c. sugar	3-4 sm. tomatoes
1/2 c. oil	1 cucumber
2/3 c. apple cider	2 cans Delmonte
vinegar	blue lake green
1 tsp. salt	beans (french
	style)

(cont'd)

In salad bowl, add chopped onions, sugar, oil, vinegar, and drained beans. Peel and slice cucumber. Cut bell pepper slices in a round pattern. Peel and cut tomatoes in wedges. Add cucumber, bell pepper, salt and tomatoes. Mix and refrigerate before serving. Serves 6-8.

Norma Reeves

Greg's Fruit Salad

1 box jello vanilla	2 lg. cans chunk
pudding (not	pineapples
instant)	2 lg. cans
1 lg. jar maraschino	mandarin
cherries (no stems)	orange slices
4-6 bananas, sliced	

Drain pineapple chunks making 2 cups of liquid. Save the liquid. Cook vanilla pudding using the 2 cups of pineapple juice. Allow pudding to cool. Drain cherries and orange slices and rinse. Combine pineapple, cherries, and oranges in large serving bowl. Add pudding, stir, and chill. Add sliced bananas just before serving.

Cindy Smith

Macaroni Salad

1 lb. macaroni	garlic salt
mayonnaise	dill pickles
2-3 boiled eggs	green onions
celery salt	pepper
(cont'd)	

Boil macaroni; drain. Mix with mayonnaise and let marinate overnight or all day. Mix again with more mayonnaise and mustard. Add lots of dill pickles, green onions, eggs, lots of celery and garlic salt, and pepper to taste. Add either dill pickle juice or vinegar and chill until the next day.

Barbara Brooks

Marinated Vegetable Salad

1 c. sugar (or less)	1 tsp. pepper
3/4 c. vinegar	1/2 tsp. salt

Bring to boil, stirring to dissolve sugar. COOL.

1-16 oz. can french style green beans, drained	1-2 oz. jar diced pimento
1-17 oz. can green peas	1 c. chopped celery
1-12 oz. can shoe peg white corn	1 green pepper, chopped
	1 bunch green onion, chopped

Combine with vinegar mixture. Cover and chill, stirring ingredients several times. Chill at least 8 hours.

JoAnn Gore

Pasta Salad

1 box corkscrew macaroni	1 chopped egg (optional)
1 c. olives, chopped	1/2 c. parmesan cheese (grated)
1 tbs. chopped onion	1/4 tsp. garlic salt
salt/pepper to taste	(cont'd)

Cook macaroni per instructions on box. Then combine other ingredients and refrigerate at least 1 hour.

Judy Richards

Pasta Salad

1 pkg. rainbow noodles (cooked & drained)	2 sm. tomatoes (peeled & chopped)
1 cucumber	
1 bell pepper (chopped)	1 c. broccoli (chopped)
1/8 c. chopped onion	1 lg. bottle Italian dressing

Combine first six ingredients in large bowl. Pour dressing over mixture. Refrigerate at least 3 hours before serving.

Alishia Scott

Pool Room Slaw

1 gal. chopped cabbage (3-4 heads)	4-1/2 c. sugar
3 large onions, chopped	1 tbs. black pepper
1 c. brown vinegar	1 tbs. salt
1 qt. mustard	

Put all ingredients in a large pan and bring to a boil. Put in sterilized jars and seal. This slaw does not have to be refrigerated until first opened. Great on hotdogs.

Bebe Packard

Rice Fruit Salad

2-1/2 c. cooked and sweetened rice 1 sm. can crushed pineapples
 1-1/2 c. marshmallows 1/2 c. chopped
 1 c. raisins pecans
 1 sm. Cool Whip

Add marshmallows, undrained pineapples, raisins and nuts to rice. Cool; fold in Cool Whip. Refrigerate 4 hours before serving.

Jean Lowe

SaucesBob's Barbecue Sauce

1 c. ketchup 1/2 c. cider vinegar
 1 c. brown sugar 1/4 c. dijon mustard
 1/4 c. worcester- 2 tbs. salt
 shire sauce 1-2 tbs. chili pwdr.
 1/2 c. dark karo syrup
 1/4 tbs. tabasco sauce

Mix well. Add Jalapenos, if desired.

Bob Singles

Chicken Sauce

1 c. mayonnaise 1 tbs. mustard
 1 c. ketchup 1 tbs. vinegar
 2 tbs. worcestershire 2 tbs. sugar
 sauce 1 tbs. poppy
 seed

Blend all ingredients together with mixer on low speed (except poppy seed).
 (cont'd)

After blended, stir in poppy seed and pour in pint jar and refrigerate. Serve on chicken sandwiches or use as a dip for chicken. Will last up to four weeks in refrigerator.

Shelvia Waters

Mom's Spaghetti Sauce

1/4 c. olive oil 4 strips finely
 1/2 c. butter chopped bacon
 1 c. finely chopped 1 lb. ground beef
 onion 4 cloves finely
 3 tsp. parsley chopped garlic
 1 tsp. dry crushed pepper to taste
 red pepper 2 oz. red wine
 1 finely chopped 1 c. canned
 carrot tomatoes
 1 c. tomato puree 2 tsp. tomato
 2 stalks finely paste
 chopped celery 1 tsp. salt

Vegetables can be chopped in food processor. Warm oil over low heat; melt butter in same pan. Saute onion, brown beef and bacon; stir occasionally. Add garlic, parsley, salt, black and red pepper, then cook over low heat for 10 min. Add wine, cover, and steam for 3-5 min. Add tomatoes, puree, and paste. Bring to boil and add carrot and celery. Cover and cook over very low heat for one hour. Stir occasionally.

Jayna Krebs

Steak Marinade

1 c. Dales' sauce meat tenderizer
 1/2-3/4 c. worces- salt
 tershire sauce pepper
 2 tbs. lemon juice

Place steak into baking pan. Add liquid ingredients. Add meat tenderizer to both sides. Salt and pepper to taste. Let marinade for about 3 hours before cooking. No steak sauce required. Used in country clubs across the U.S.

T. J. Baltrusaitis

Tomato Sauce

1/4 c. olive oil 1 tsp. dried
 8 oz. unflavored parsley flakes
 whole tomatoes 1/2 tsp. salt
 1 med. garlic clove, pepper
 peeled 1/4 c. finely
 1 c. leftover chopped onions
 meat, chopped &
 cooked
 (optional)

Pour oil into med. Corningware dish. Add garlic, crushed with fork. Add diced onions; cook med. heat. As ingredients start to sizzle, take 1 can of tomatoes, place in blender on puree. When onions become transparent add tomatoes, parsley, salt, and stir. (Optional) add meat and cook approx. 30 min., stirring occasionally or till tomatoes no longer taste sweet or pasty.

Larry Tougaw

Salsa de Barbacoa
(Barbecue Sauce)

1 tbs. salt 1 tbs. chili pwdr
 1 tbs. celery seed 1/4 c. mustard
 2 tbs. rosemary, 1/2 c. brown sugar
 toasted & grd. 1/2 c. vinegar
 1 c. chopped onion 1 clove garlic,
 1/4 c. worcester- chopped
 shire sauce 2 c. catsup
 1 tbs. smoke sauce

Combine all ingredients in saucepan and simmer for 30 min. Salsa de Barbacoa can be used for spare ribs, short ribs, and all kinds of meat. Use as a basting sauce.

Allen Armstrong

NOTES

BEVERAGES



Black Cow Soda

Vanilla ice cream cold coca
 cola or pepsi

Put 3 scoops of ice cream in a tall glass. Slowly pour coke or pepsi over ice cream. Serve with drinking straw and a long-handled spoon to stir it with. Serves 1.

Anne Burgess

Coca Cola Punch

12 whole lemons(juiced) 5 pts. water
6 16 oz. cokes 3 c. sugar

Combine lemons, water and sugar. Let stand in refrigerator overnight. Add coke and ice before serving. Serves 25 with children.

Barbara Brooks

Creamy Saboyon

1 1/2 c. confectioners 6 egg yolks
sugar
2 c. heavy cream (whipped) 2 c. white
 wine

Beat egg yolks with sugar. Add wine and cook in double boiler until thick. Stir constantly and chill. Fold in whipped cream and serve in a glass as a beverage or on puddings as a sauce.

Vivian Albright

Egg Nog

1 can Eagle Brand milk
 6 eggs beaten
 1 tsp. vanilla
 1 pt. whipping cream
 1 qt. milk
 1/2 c. sugar

Beat whipping cream and set aside. Mix together milk, beaten eggs, vanilla, Eagle Brand milk, and sugar. Mix well and add whipping cream. Continue to beat until well mixed. Chill and enjoy at Christmas time.

Vivian Albright

Fruit Slush

2 c. ice
 3 tbs. can milk
 2 pkg. of Sweet & Low
 1 tsp. vanilla flavor

Fruit:
 kiwi or
 lemon
 strawberry
 mango
 pineapple
 blackberry
 or fruit of
 your choice

Place ice into blender. Add milk, Sweet & Low, vanilla flavor, and fruit. Blend on HIGH to texture desired.

Sharon Gilbert

Hot Grasshopper Punch

2-1/2 gal. cartons lime sherbert (frozen)
 4 qt. bottles of ginger ale
 2 limes sliced thin

Place both cartons of sherbert in large punch bowl; slowly pour ginger ale over sherbert and stir until thick and foamy. Place lime slices on top for garnish. Makes 36 1/2 cup servings.

Anne Burgess

Hot Cranberry Punch

1/2 c. brown sugar (packed)
 1/2 tsp. cinnamon (ground)
 2 tbs. fresh lemon juice
 1/4 tsp. nutmeg (ground)
 1/4 tsp. cloves (ground)
 2 16 oz. cans jellied cranberry sauce
 1 12 oz. can frozen orange juice
 concentrate
 7 c. water

Mix brown sugar, 1 cup of water, cinnamon, nutmeg, and cloves in Dutch oven. Heat to boiling, stirring constantly. Cook and stir until sugar is dissolved. Remove from heat. Stir in cranberry sauce until well blended. Stir in remaining water, orange juice, and lemon juice. Heat to boiling. Reduce heat and simmer uncovered 5 minutes. Makes about 24 servings.

Carolyn Brown

Nutmeg Almond Float

1/3 c. sugar	1/2 tsp.
1/4 tsp. nutmeg	vanilla
1 tsp. almond extract	1 qt. milk
1 pt. vanilla ice cream	1/8 tsp. salt
(or your favorite)	

Add sugar, nutmeg, salt, and flavorings to milk and stir until sugar is dissolved. Pour into chilled glasses. Top with ice cream. Makes 6 servings.

Vivian Albright

Party Punch

1/2 c. pineapple juice	1/2 c. lemon
1 2" stick cinnamon	juice
1/2 tsp. cloves (whole)	1 qt. sweet
1 c. orange juice	cider
sugar or honey (as desired)	

Simmer all ingredients together for 10 minutes. Strain and serve hot.

Vivian Albright

Party Slush

- * 1 c. fruit punch
- 1 bottle 7-up or ginger ale (2 liter)
- * 1 gallon sherbert

In large punch bowl pour in fruit punch, and spoon in sherbert. Add 7-up slowly. * use appropriate colors to match color scheme.

Jill Mitchell

Russian Tea

3 tsp. lemon juice	4 tea bags
1-1/2 c. sugar	4 c. water
1 c. pineapple juice	2 cinnamon
12 oz. frozen orange	sticks
juice	
2 tsp. whole cloves	

Boil water with cloves and cinnamon for 4 or 5 minutes. Put tea bags into water for 4 minutes. Pour in sugar. Add the remaining ingredients and enough water to make one gallon.

Donny Smith

Strawberry Punch

2 pkg. strawberry Kool Aid
1 large can pineapple juice
1 gallon water
1 small can frozen lemonade (undiluted)
3 to 4 c. sugar

Mix Kool Aid and water. Add remaining ingredients and mix well. Freeze overnight. Remove several hours before serving. Serve slushy. Makes 20 to 30 cups.

Margie Watson

NOTES

Vegetables



Baked Beans

3 cans pork & beans (drained)	1 c. BBQ sauce (hickory flavor)
1 sm. onion, chopped	1 tbs. mustard
1/2 c. brown sugar	few dashes hot sauce
1 bell pepper, chopped	1/2 c. white karo syrup
1 lb. hot sausage	
2 sm. cans whole tomatoes (drained)	

Cook sausage; chip up and drain. Put in large mixing bowl. Add remaining ingredients. Stir well. Cook in 350 degree oven approx. 1-1/2 to 2 hrs. If beans begin cooking too fast, turn down temperature. The longer the beans are cooked, the better they taste. Cook until sauce begins to thicken and top starts to brown. Don't overcook or beans will be too dry.

Regina K. Chambers

Baked Beans

1 48 oz. jar pork & beans	1/4 c. mustard
1 lg. onion, chopped	1 lb. hot sausage
1/2 c. brown sugar	1/4 c. dark syrup
	3/4 c. ketchup

Cook sausage. Add chopped onion and mix. Add remaining ingredients. Mix and put in large casserole dish. Bake at 400 degrees for 20 minutes.

Shelvia Waters

Baked Corn

2 pkgs. shoe peg corn 1/4 c. milk
 2 stalks celery, 8 oz. sour cream
 finely chopped 1/2 tsp. pepper
 1 sm. onion, finely 1 c. crushed Ritz
 chopped crackers
 1/2 sm. green pepper,
 finely chopped

In mixing bowl combine corn, celery,
 onion, green pepper, milk, sour cream,
 and pepper. Mix well and pour into
 baking dish. Top with crushed Ritz
 crackers. Bake at 350 degrees for 30
 minutes.

Karen McCutchen

Baked Tomatoes

3 lg. tomatoes, cut 3 tbs. Italian
 crosswise into seasoned bread
 halves crumbs
 2 tsp. olive oil 1 tsp. onion
 powder

Place tomatoes cut-sides upon baking
 sheet. Combine remaining ingredients;
 sprinkle over tomato halves. Bake in a
 preheated 375 degree oven about 12
 minutes or until crumbs are golden.

Cindy Smith

Beverly's Veggie Omelet

3 eggs 1/2 c. Bisquick mix
 (cont'd)

1 c. milk 1/2 tsp. salt
 *Mix above together until fluffy
 1 can Rotel 8 oz. shredded
 cheddar cheese

Grease dish, drain Rotel; pour Rotel in
 dish. Pour in egg, milk and Bisquick
 mixture. Top with cheese. Bake at 350
 degrees for 40 minutes or until brown.
 Great for breakfast.

Barbara Krebs

Broccoli Casserole

2 boxes chopped 1 16 oz. jar
 broccoli Cheese Whiz
 1 can mushrooms 1 can cream of
 1/2 c. chopped onions chicken soup
 1/2 c. chopped celery 1 can cream of
 1/2 c. uncooked minute mushroom soup
 rice

Cook broccoli and drain. Saute onions
 and celery. Mix all ingredients
 together. Bake at 350 degrees for 30
 minutes.

Norma Reeves

Broccoli Roma

1-1/2 lb. fresh 1-1/2 tbs. olive
 broccoli oil
 1 glove garlic or 1/2
 tsp. minced garlic

Cut broccoli with stems 1-1/2" to 2"
 (cont'd)

long. Boil in pot 3 minutes; drain. Heat olive oil in black skillet on medium until hot. Add garlic and broccoli; cook for 1 minute.

Rick Yohman

Brown Rice

1 c. rice (uncooked) 1 stick butter
1 med onion, chopped 1-15 oz. can
 beef broth

Brown rice and onion in butter. Put into 1-1/2 quart casserole dish and add beef broth. Stir and cook in oven at 375 degrees for 40 minutes.

Shelvia Waters

Brussels Sprouts In Orange Sauce

4 c. fresh brussels 1/2 tsp. cornstarch
 sprouts or arrowroot
1/2 c. water 1/4 tsp. cinnamon
6 oz. can orange salt & pepper to
 juice, unsweetened taste

Combine all ingredients in saucepan. Simmer covered 6 to 7 minutes until sprouts are nearly tender. Uncover and continue to simmer, stirring occasionally until most of the liquid has evaporated.

Cindy Smith

Buttery Spinach

10 oz. pkg. frozen 1/4 c. water
 leaf spinach, 1/2 tsp. butter
 defrosted flavored salt
pinch ground nutmeg
 or mace

Combine all ingredients in saucepan. Cook covered 3 minutes.

Cindy Smith

Laura's Simple Candied Yams

3 lg. sweet pota- 1 stick margarine
 toes 1-1/2 c. sugar
butternut & rum flavoring (optional)

Peel and slice sweet potatoes 1/2" thick. Wash and cover with water. Boil until tender, about 7 min. or less; drain, leaving about 1/2" water in bottom of pan. Add margarine and 1-1/2 c. sugar. Cook until bubbly. Optional: add butternut & rum flavoring.

Laura Edwards

Candied Yams

2 sliced apples 1/2 tsp. cinnamon
 (not peeled) 2 17 oz. cans yam
1/3 c. chopped 1/4 c. marg. or
 pecans (packed) butter
2 c. miniature marshmallows

Toss apples and nuts together. Put cinnamon and sugar together. (cont'd)

butter with brown sugar mixture. Pour into apple pieces and nuts and mix until well coated. In 1-1/2 qt. casserole alternate yams and apple mixture. Bake at 350 degrees 35 to 40 minutes. Sprinkle with marshmallows and broil until brown.

Pat Ham

Carrots and Brussels Sprouts

3/4 lb. fresh	3/4 lb. baby carrots
or 2 10 oz. pkgs. frozen	2 tbs. butter or margarine (melted)
brussels sprouts	1/2 tsp. grd. ginger
1 10-3/4 oz. can chicken broth	1/4 tsp. seasoned salt

Place brussels sprouts and chicken broth in saucepan, bring to boil, cover, reduce heat and simmer 5 to 10 minutes (drain). Add carrots to a small amount of boiling water in a large saucepan. Cook 5 minutes. Drain off liquids. Pour butter over carrots; sprinkle with ginger. Cook over medium heat 5 minutes, stirring occasionally. Add brussels sprouts and seasoned salt; mix well. Cook 1 minute or until thoroughly heated. Yield 6-8 servings.

Norma Reeves

Collard Greens

2 lbs. fresh collard greens	pinch of sugar
3 c. water	1/2 c. diced salt pork
1-1/2 tsp. salt	

Wash leaves well; check leaves carefully. Put collards, water and salt in a dutch oven. Bring to a boil; reduce heat to low. Simmer uncovered for 25 minutes, or until tender. Drain well. Saute pork in a skillet until golden brown. Do not drain. Add collards; stir lightly. Cook over heat for 5 minutes. Serve with pinto, onion and cornbread.

Juanna Carter

Confetti Casserole

3 tsp. vegetable oil	1 c. shredded
3 carrots, diced	spinach
1 green pepper, diced	1/2 c. chopped
1 bunch green onions, sliced	walnuts
2 stalks celery, sliced	3 eggs, lightly beaten
2 c. small broccoli florets, blanched	4 c. cooked brown rice
3 tsp. chopped parsley	1 tsp. salt
2 tsp. lemon juice	1/2 tsp. pepper
1/2 c. melted margarine	1 c. shredded cheddar

In large skillet heat oil. Saute carrots, green onions, and green pepper until tender. Preheat oven 350 degrees. In large bowl combine cooked (cont'd)

vegetables, broccoli, spinach, walnuts, eggs, rice, salt and pepper. Mix well and turn into oiled casserole. Sprinkle with cheese. Cover and bake 30 minutes. Combine butter, lemon juice and parsley. Pour over casserole and let set a few minutes to soak in. Yield: 8 servings.

Terri Tanner

Cream Corn

4 to 6 ears corn	2 tbs. margarine
salt to taste	1 tsp. sugar
water, sparingly	

Scrape 4 to 6 ears of corn. Add a little water (not too much). Melt margarine in skillet. Add corn, sugar and salt to taste. Cook for 45 min. on medium to low heat. You may have to add a little water. Cook until thick and creamy.

Camilla Crook

Crustless Spinach Quiche

1 10 oz. pkg. frozen chopped spinach	1/2 c. parmesan cheese
1/2 pkg. chicken- flavored Stove Top stuffing	3 eggs, beaten
	1/3 c. melted butter
salt & pepper to taste	

Cook spinach according to package directions and drain in sieve, pressing out as much moisture as possible with (cont'd)

back of spoon. In medium bowl, combine spinach, stuffing, cheese, eggs, butter, and seasonings. Mix thoroughly. Press into lightly buttered pie pan. Bake 350 degrees approximately 30 min. or until knife inserted in center comes out clean.

Terri Tanner

Elegant Green Bean Casserole

1 tbs. butter	1-1/2 cans seasoned
1 tbs. flour	french green
1 c. milk	beans, drained
1-1/4 c. sharp cheddar cheese (approx. 4 oz.)	1 c. water chest- nuts, drained & sliced
dash of tabasco sauce	1 sm. can mushrooms, drained
1/2 tsp. salt	slivered almonds

Blend butter and flour in top of double boiler. Add milk and blend well. Cook until thickened. Add cheese and seasonings. Cook about 5 min. Add beans, water chestnuts, and mushrooms. Mix well and pour into a one quart casserole dish. Top with slivered almonds, and bread crumbs, if desired. Bake at 375 degrees for 30 min. Serves 6. (This dish can be made ahead and frozen until ready for baking. Freeze uncovered; then slip into freezer bag. To speed cooking time, thaw in refrigerator 24 hours before baking. Stir once or twice during baking).

Howard L. Piner

Fried Cabbage

3/4 to 1 head cabbage 1 med. onion
butter, enough to cover bottom of pan

Melt butter in skillet. Slice cabbage in long, thin strips. Chop onions. Fry in butter until tender.

Jim Smith

Fried Corn

1 qt. niblet corn salt & pepper to
1 stick margarine taste
3 tbs. sugar water, sparingly

Put corn and above ingredients in covered thick skillet. Cook for 1 hour.

Camilla Crook

Fried Green Tomatoes

4 lg. green tomatoes 1/2 c. corn meal
1 egg 1/4 c. flour
1/2 c. milk corn oil

Slice tomatoes about 1/4 inch thick. Beat egg and milk in bowl. In another bowl combine flour and corn meal. Dip each slice in milk and egg mixture and then in flour and meal mixture. Have oil about 1/2 inch deep in black skillet. When oil is hot put tomatoes in and brown. Salt to taste.

Jackie Marshall

Fried Squash

5 sm. squash 1 c. veggie oil
1 c. corn meal salt & pepper to taste

Thinly slice squash. Batter in corn meal, salt and pepper. Heat oil in skillet. Fry slices in single layer until golden brown.

Debbie Mayes

Garbonzo Pot Pie

1 med. onion, chopped 1 can cream of
1 celery stalk, mushroom soup
chopped 1 c. frozen peas
1 tsp. chopped green 1 chicken
pepper bouillon cube
1 potato peeled and 1 Pillsbury pie
cut in 1/2" cubes crust
1/2 c. cooked water
garbanzos (chick-peas)

Cook fresh vegetables with just enough water to make tender; drain. Add next 5 ingredients and heat until bouillon dissolves. Put in shallow baking dish and cover with pie crust sealed on edges with a few slashes made in center. Bake at 400 degrees 10-12 min. or until crust is golden brown. Serves 6.

Terri Tanner

Gladys' Bean Casserole

2 cans green beans 1 can cream of
1 can fried onions mushroom soup

Drain beans and mix with mushroom soup. Bake in oven set at 350 degrees for about 30 to 45 min. Just before serving top with onions and heat long enough to warm onions. IN A HURRY, heat green beans in saucepan, drain and follow above directions, cutting down baking time.

Jill Mitchell

Green Bean Casserole

2 lg. cans green beans 4 tsp. flour
2 cans french fried 1 stick butter
onion rings 1/3 c. onions,
4 tsp. sugar chopped
2 tsp. salt 16 oz. sour
1/2 tsp. pepper cream
2 c. shredded cheese

Prepare green beans to eat. Pour beans into buttered casserole. Stir sauce ingredients: flour, butter, sugar, salt and pepper in saucepan until thick and bubbly. Add onion, sour cream and cheese, stirring until well mixed. Spread mixture over beans. Pour can of onion rings evenly over mixture. Bake for 30 min. at 375 degrees.

Cindy Smith

Hash Brown Casserole

1 2 lb. pkg. hash 1 pt. sour cream
browns 1 can mushroom
1/2 c. melted butter soup
2-1/2 c. grated 1/4 tsp. salt
cheddar cheese
1/2 c. chopped onions

Mix all ingredients. Pour into greased long casserole dish. Bake at 350 degrees for 1 hour.

Dana Hobbs

Italian Green Beans

10 oz. pkg. frozen 1 tbs. grated extra
italian or whole sharp romano
green beans, cheese
defrosted 1 tsp. dried oregano
2 tbs. chopped salt & pepper to
onion or 2 tsp. taste
instant minced 6 oz. can (3/4 c.)
onion tomato juice

Combine all ingredients except cheese in small nonstick skillet or saucepan. Simmer covered 3 min. Uncover and continue to simmer until most of the liquid has evaporated. Sprinkle with cheese.

Cindy Smith

Neal's Baked Beans

4 cans pork-n-beans 1 lb. mild or med.
 2 onions sausage
 1 bell pepper 3 tomatoes
 1 bottle hickory 1/4 lb. brown
 smoked BBQ sauce sugar

Chop onions and bell pepper. Cut tomatoes in wedges. Fry sausage and drain off grease. Mix all ingredients in a baking pan and bake for 2 to 3 hours at 325 degrees.

Neal Lane

Potato Casserole

1 lb. bag hash brown 8 oz. shredded
 potatoes cheddar cheese
 1 can cream mushroom 1/2 cup onions
 soup 1/2 stick marg.
 8 oz. sour cream (cont'd)
 Mix all ingredients. Bake at 350
 degrees for 1-1/2 hours.

Lisa McCormick

Quick Maple Candied Carrots

16 oz. can sliced Dash lemon juice
 carrots, undrained (optional)
 1 tbs. maple syrup salt & pepper to
 2 tsp. diet margarine taste

Heat carrots in small saucepan; drain well. Stir in remaining ingredients; heat through.

Cindy Smith

Red Beans and Rice

2-1/2 c. water	1 tsp. onion pwdr
1 c. conv. long	1/2 tsp. garlic
grain rice	pwdr
1/2 tsp. thyme	1 16 oz. can
leaves, crushed	kidney beans,
1/4 tsp. salt	drained
1/4 tsp. grd.	1/8 to 1/4 tsp.
black pepper	grd. red pepper
1-1/2 c. cubed,	
cooked ham	

In medium saucepan, bring water to boil. Add rice; reduce heat and simmer covered until rice is partially cooked; about 10 min. Stir in kidney beans, ham, onion, garlic powder, thyme, salt and both peppers. Simmer covered, stirring occasionally until rice is tender; 5 to 8 min. longer. Makes 4 servings.

Jayna Krebs

Red Cabbage with Apples

1 sm. head red	1 onion, sliced
cabbage (approx.	2 tbs. raisins
1 lb.), shredded	2 tbs. brown sugar
2 lg. apples, pared	or liquid sugar
thinly sliced	substitute just
1/2 c. unsweetened	before serving
apple juice	Salt & pepper to
	taste

Toss all ingredients together in non-stick saucepan. Simmer covered 30 min.

Cindy Smith

Scalloped Potatoes

1/2 stick margarine	2 c. cheese
1/2 c. milk	8 c. potatoes,
1 onion, sliced	sliced thin
1 tbs. flour	

Combine margarine, milk, cheese, and flour in saucepan. Let simmer until creamy. Arrange a layer of potatoes then a layer of onions in that order in a 13"x9"x2" baking dish. Pour cheese mixture over potatoes. Cover and bake in 375 degrees oven for 1 hour or until done.

Thomas Cross, Jr.

Spanish Potatoes

1 tsp. minced onion	2 c. diced,
2 tsp. chopped	boiled potatoes
green pepper	1/2 c. chopped,
2 tsp. chopped	cooked ham
pimento	1 tsp. salt
4 tsp. fat	1/2 tsp. paprika

Saute onion, pepper and pimento in fat until light brown. Add potatoes, ham and seasonings. Cook until heated through. Serves 4.

Anita Burgess

Spicy Cabbage

1 head cabbage	1 can Ro-tel
1-1/2 lb. ground	salt & pepper to
beef	taste

Brown ground beef in Dutch oven; drain fat. Add Ro-tel and chopped cabbage on (cont'd)

top of beef; simmer until tender.

Dana Hobbs

Squash Casserole

4 strips bacon	1 tbs. margarine
2 pkgs. frozen or	2 eggs, beaten
5 med. yellow	1/2 c. grated cheese
squash	salt & pepper to
1 med. onion,	taste
chopped	

Fry bacon crisp. Save grease. Crumble bacon and set aside. Boil cut up squash until tender; drain. Brown onion in bacon grease; drain grease. Add margarine, squash, eggs, salt and pepper. Cook, stirring constantly until eggs are done. Place half of squash mixture in a 2 quart casserole. Sprinkle half of cheese and half of bacon. Add remaining squash and top with cheese and bacon. Bake at 350 degrees until cheese melts.

Cam Shelton

Squash Casserole

1 lb. sliced squash	1 egg beaten
1/2 c. chopped onion	1/4 c. softened
3/4-1 lb. sausage	butter
1 c. Velveeta chunks	14 sm. saltine
1 c. milk	crackers

(cont'd)

Boil squash and onion together until tender. In a separate pan, brown sausage. Drain scrambled sausage and put in medium bowl. Drain squash and add to sausage. Add cheese, milk, egg, butter, and crumbled crackers. Stir well. Put into 1-1/2 quart casserole dish and cook in 400 degree oven, approx. 40 min. until brown. Remove and let set about 5 minutes.

Regina K. Chambers

Squash Casserole

6-8 med. squash,	2 eggs
sliced	1 bell pepper
1/2 c. American	1 med. onion
cheese	dash of salt
1/4 c. sour cream	dash of pepper
1 c. half & half or	1/4 tsp. worces-
evaporated milk	tershire sauce
1/4 c. bacon bits	

Put margarine in skillet. Saute bell peppers and onions. Add salt and pepper. Mix all other ingredients together. Add bell peppers and onion mixture. Pour in casserole dish. Cover with cheese and bacon bits. Bake in 350 degrees oven for 20 minutes.

Dorothy Bland

Strike Survival Patties

1 c. dried black	1-1/2 tbs. bread
eyed peas, cooked	crumbs
(cont'd)	

2 eggs	1/2 tbs. flour
1/2 c. onion,	salt & pepper to
finely chopped	taste

Mash peas and raw eggs, add other ingredients. Pat into croquettes and deep fat fry until golden brown.

Dana Hobbs

Stuffed Potatoes

6 lg. baked potatoes	1 lb. shredded
1 lb. cooked bacon	cheese
1 lb. diced ham	1 stick butter
salt & pepper to taste	

Cut potatoes in half (lengthwise) and remove insides, leaving the hull. Mash the potatoes and add all the other ingredients. Salt and pepper to taste. Stuff this mixture back into the potato hulls and bake until cheese melts. Makes 12 servings. Looks great, tastes wonderful and you can freeze the leftovers.

R. C. Holmes

Sweet Potato Casserole

3 c. mashed sweet	1/2 c. margarine
potatoes	1/4 c. milk
1 c. sugar	1 tsp. vanilla
2 eggs	1 c. coconut
	(optional)

(cont'd)

Topping:

1 c. pecans 1 c. brown sugar
 1/2 c. margarine 1/2 c. flour
 Mix together and spread on top of mixture.

Mix first list of ingredients together; put in casserole dish. Cover with topping. Bake 20 min. at 350 degrees.

Mildred G. Cloninger

Sweet Potato Casserole

3 c. mashed sweet 1 tsp. vanilla
 potatoes 1/2 tsp. nutmeg
 1 c. sugar 1/2 tsp. cinnamon
 2 eggs 1 stick margarine,
 1/4 c. milk melted

Topping:

1 c. brown sugar 1/3 c. margarine,
 1/3 c. flour melted
 1 c. chopped pecans

Mix first 8 ingredients and place in large buttered casserole. For topping, combine brown sugar and flour, then add melted margarine and nuts. Sprinkle on potato mixture. Bake 30 min. at 350 degrees.

Mrs. Carl Jenkins

Sweet Potato Casserole
(Rich But Delicious)

3 c. mashed sweet 2 eggs
 (cont'd)

potatoes (40 oz. 1/2 stick margarine
 can) 1/2 c. milk
 1 c. sugar 1 tsp. vanilla
 1/2 tsp. salt

Combine ingredients and place in baking dish. Combine 1 cup brown sugar, 1 cup chopped pecans, 1/2 cup all-purpose flour, and 1/2 stick melted margarine. Sprinkle this topping over potatoes. Cook for 30 minutes at 350 degrees. Serves 10. To freeze, cook 20 minutes and then quick cool. Freeze uncovered and slip into freezer bag. Thaw in refrigerator 24 hours to speed reheating time.

Howard L. Piner

Sweet Potatoes Deluxe

2 c. mashed sweet 1/2 tsp. cinnamon
 potatoes 2 eggs
 1-1/4 c. sugar 1/4 stick margarine
 1/2 c. milk 1/2 tsp. nutmeg

Topping:

1/2 c. brown sugar 1/4 c. chopped nuts
 4 tsp. melted margarine

Boil sweet potatoes until tender, then mash well. Preheat oven to 350 degrees. Mix potatoes with sugar, eggs, milk, butter, and spices. Bake in a greased dish 20 min. Add topping and bake 10 minutes.

Trish Poarch

Tater Tot Surprise

1 lb. tater tots 1/3 can milk
1 lb. hamburger meat salt & pepper to
1 lg. onion, chopped taste
1 can cream of chicken soup 12 slices cheese

Saute onions. Add hamburger, browned and drained. Add salt and pepper. Mix soup and milk; set aside. Preheat oven 350 degrees. In casserole dish, layer meat, tots, and cheese alternately until dish is full. Pour milk and soup over casserole. Cook for 1 hour.

Vivian Albright

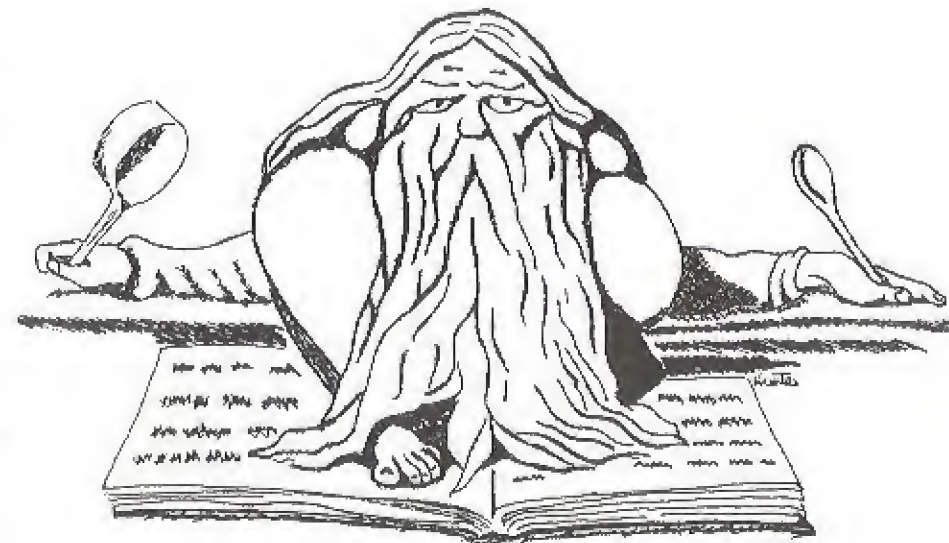
Pineapple-Rice Casserole

2 c. cooked rice butter
1 can pineapple chunks 1/2 c. brown
pineapple juice sugar

Place a 1/2-inch layer of cooked rice in bottom of casserole dish, dot with butter and arrange a layer of pineapple on top. Sprinkle with brown sugar. Repeat until all ingredients are used, having top layer of pineapple. Cover with pineapple juice and bake at 350 degrees for 30 min. Good served with ham and tossed salad.

Lora Dhrberg

Main Dishes



Chicken Asparagus

2 c. cooked chicken 2 cans asparagus
1 can cream of mushroom 4 tbs. oleo
1-1/2 c. bread crumbs 1/2 c. grated
1 c. Velveeta cheese cheese

Mix bread crumbs with melted oleo and 1/2 c. grated cheese. Layer on bottom of casserole dish. Put layer of chicken, layer of asparagus and alternate with asparagus on top. Heat mushroom soup with Velveeta until Velveeta melts. Pour over layers and bake at 350 for 30-45 minutes.

Charlotte CrunkChinese Almond Chicken

1 lb. chicken boned and skinned

Marinade:

1/4 tsp. salt 1 tsp. corn starch
1/8 tsp. pepper 1 tbs. soy sauce
1 egg white

Wok ingredients:

5 slices fresh ginger, in produce section
3 green onions, 1" slices 1 c. oil
1/2 c. water chestnuts

Seasoning Sauce:

2 tbs. soy sauce 1 tbs. sherry
1/2 tsp. salt 1 tsp. sugar
1/2 tsp. corn starch
1 tbs. rice wine or white vinegar

Dice chicken into 1" cubes. Combine marinade in med. bowl. Add chicken; mix well. Let stand 30 seconds. Heat oil in (cont'd)

wok 30 seconds. Add chicken to wok. Stir fry 30 seconds until light brown. Remove all oil except 2 tbs. Reheat oil 30 seconds. Stir fry ginger slices 30 seconds; remove and discard. Add onion, pepper, water chestnuts, and stir fry 1-2 minutes. Combine seasoning sauce and add to wok. Add chicken; stir until coated. Add 1/3 c. crisply fried almond halves. Serve over rice.

Terri Tanner

Chicken Cacciatore Casserole

1-1/2 to 2 lb. boneless breast
 1/4 c. Blue Nunn wine
 1/2 red onion (sliced in rings)
 1-1/2 sliced raw mushrooms
 1 bell pepper (sliced in rings)
 2 large tomatoes
 1/4 clove crushed garlic
 1/4 c. diced green onion
 1/2 tsp. tarragon flakes
 1/2 tsp. Nature's seasoning
 1/2 stick butter
 1/4 tsp. paprika
 1/2 lb. sliced mozzarella cheese
 4 cups rice pilaf

Cut up chicken in quarters. Saute with mushrooms, green onion, garlic, butter, tarragon, seasoning and wine. Cook until chicken is done. In separate pan cut up tomatoes in bite size; add red onions and bell pepper. Saute lightly with butter, tarragon, seasoning and a splash of wine. Cook pilaf and spread on bottom of 4 quart casserole. Lay chicken mix on top. Add (cont'd)

veggies, lay on mozzarella, bake at 350 until cheese melts. Sprinkle with paprika and serve.

Mike Kelley

Chicken Cacciatore

1/4 c. carrot, chop	1/4 c. celery, chop
1 onion, chop	1 green bell pepper
1/2 lb. mushrooms	2 cloves garlic
1/4 c. flour	salt and pepper
2 1/2 c. diced chicken	3 tbs. olive oil
1/2 tsp. thyme	1/2 c. white wine
1 lb. can tomatoes	

Combine salt and pepper. Dredge chicken in mixture and shake off excess. Heat 2 tbs. oil in a frying pan over med. heat. Add chicken and brown, about 8 minutes per side. Remove from pan and reduce heat. Add onion, carrot and celery. Cover and cook until softened. Add remaining tbs. oil, pepper strips, sliced mushrooms, minced garlic, 1 tsp. salt and thyme. Cover and cook until soft. Raise heat and add wine. Let boil for 1 minute. Reduce heat. Chop the tomatoes and add them with their liquid. Return the chicken to the pan; cover and simmer until cooked through, 40 to 50 minutes. Serves 4.

Nancy Miller, Darry Towry, Tom Paul, and Doris Bradley

Chicken Casserole

6 chicken breasts	8 oz. sour cream
1/2 stick butter	1 can water chestnuts
1 small can mushroom	2 c. grated cheese
3 c. cooked rice	1 pkg. Ritz crackers
1 can each cream of mushroom and	(cont'd)

chicken soup

Cook chicken and debone. Combine all ingredients except for rice, cheese and crackers. Layer rice on bottom of dish, then add chicken mixture. Top with crackers and cheese; bake until golden brown, about 25-30 minutes.

Judy Richards

Creamy Chicken and Rice

4 large chicken breasts (skinless)
1 pkg. brown or white rice
1 can cream of mushroom soup
salt and pepper to taste

Cook chicken covered at 350 for 30 minutes. Meanwhile, prepare rice as directed on pkg. Heat soup. Place cooked rice in bottom of casserole and cooked chicken on top; pour soup over all. Bake at 350 for 15 min.

Lagratha Bell

Crisp Crusted Baked Chicken

3-4 lb. cut up chicken
2 tbs. milk
1 c. instant potato
1 egg
1 tsp. garlic powder
1/4 c. grated parmesan cheese
1/4 c. butter
1/4 c. celery leaves, thinly sliced
celery for garnish
(cont'd)

Wash and dry chicken. Beat egg and milk in a bowl. In another bowl mix potato, garlic, and cheese. First roll chicken in egg mix, then in potato flake mixture. Melt butter in shallow baking pan. Roll coated chicken in the butter and place it in the pan. Bake at 400 for 45 to 50 min. and garnish with celery leaves and celery slices.

Randy Byars

Chicken Enchiladas

1 cooked chicken (chopped, deboned)
1-1/2 med. onion (chopped)
4 tbs. oil
2 cans cream of chicken soup
1-1/2 c. chicken broth
(reserve from cooking chicken)
2 cans (4 oz.) chopped green chilies
2-1/2 c. grated cheddar cheese
1 dozen corn tortillas, cut in fourths

Saute onion in oil. Drain. Mix soup, broth, chilies, chicken, onion, and 1-1/2 c. of cheese. Cook over med. heat until bubbly. In large dish, layer tortillas and chicken mixture. Begin with tortillas and end with tortillas. Sprinkle with remaining cheese, cover with foil and bake at 325 for 30 min. or until cheese melts.

Jayna Krebs

Chicken with Linguine

1/2 c. butter	1 small orange
8 oz. linguine	1 onion, sliced
(cont'd)	

2 garlic cloves, 1 tbs. dry basil
minced 8 chicken thighs
2 pkgs. frozen spinach
1 c. parmesan cheese
3/4 tsp. crushed, dried, hot red chilies

Heat oven to 400. Mix butter, onion, garlic, basil, and chilies. Lay chicken on top, skin up. Bake uncovered about 45 min. Thaw spinach and drain. After chicken has cooked 35 min. cook linguine for 13 min. Add spinach, pasta, and parmesan together; mix well. Place chicken on top of this mixture.

Jayna Krebs

Chicken Pie

1 boiled chicken 1 c. mushroom soup
1 c. sour cream crush Ritz crackers

Cook chicken. Mix sour cream and soup.
1. Layer of crackers 2. Cubed Chicken.
3. Soup and sour cream. 4. Top layer of
crackers. 5. Cook at 350, 30 min.
Optional: cheese, broccoli, cauliflower.

Diane Gilley and Betty Brown

Chicken Piccata

6 chicken breast fillets 1 c. flour
1/2 c. white wine 1/4 tsp. pepper
1/2 c. lemon juice 1/4 c. water
sliced mushroom 1/4 c. oil
1/4 c. Parmesan cheese 1/4 c. oleo
3 eggs (beaten) 1/4 c. parsley
brown rice (cooked) (cont'd)

Pound chicken flat. Combine flour and pepper. Combine eggs and Parmesan cheese. Dredge chicken in flour mixture and egg mixture; set aside. Heat oleo and oil in skillet; cook chicken 4 minutes on each side or until golden brown. Place chicken into baking dish. Add mushrooms and 1/4 c. water to pan drippings from skillet. Cook over medium heat; stir often. Spoon mushrooms over chicken. Add wine and lemon juice to skillet, heat and pour over chicken. Sprinkle chicken with parsley. Bake at 350 30 min. Serve over rice.

Karen McCutchen

Chicken Poppy Seed Casserole

1 broiler, stewed and boned Topping:
1 can cream of mushroom soup 1 stick oleo,
1 c. sour cream melted
dash of cayenne pepper 1 c. crushed
poppy seeds crackers
1 tbs. poppy
seeds

Mix the above ingredients and place in greased baking dish. Put topping on. Bake at 325 35-40 min.

Pat Ham

Chicken and Spaghetti

3 chicken breasts, 1 can green peas
cooked and boned 2 to 4 T. oleo
1 pkg. (12 oz.) spaghetti 2 cans Ro-Tel
1 lb. Velveeta 1 bell pepper
1 large onion, chopped salt and pepper
(cont'd)

Cook chicken; cook spaghetti in chicken broth, drain and add grated cheese. Cook onions and bell pepper until tender; add to mixture. Add peas and Ro-Tel to chicken and spaghetti. Stir. Bake at 375, 30 minutes. Makes a big dish.

Carolyn Brown

Chicken in Wine

1 large fryer	1/2 stick butter
1/2 bottle (sweet)	salt and pepper
white wine	poultry seasoning
wild rice	

Place chicken in deep dish. Pour wine over chicken. Slice butter all over chicken. Add seasonings. Bake at 350, 50 to 60 minutes. Serve over wild rice.

Dana Hobbs

Fried Chicken

chicken with skin	garlic salt
2 eggs	oil
self rising flour	

Fill large skillet 1/2 way with oil. Heat oil. While oil is heating, beat eggs lightly. Put flour in another dish. Add garlic to eggs and the flour. Dredge chicken in eggs, then in flour. Fry until golden brown.

Debbie Oliver

EZ Chicken-N-Dumplings

1 large fryer	1 c. flour
1 can 10 flaky biscuits	1 can cream of
1 can cream of mushroom	celery

Cook chicken and debone. Save broth. Chop chicken. Put chicken, soups and broth in large pan. Bring to a rapid boil. Peel biscuits off in layers and roll in flour. Pinch off little bits of the layers and drop into boiling broth mixture. Cook rapidly for 12 minutes. Reduce heat and let cook for about 40 to 50 min.

Dana Hobbs

Grilled Malibu Chicken

boneless chicken breast	sliced ham
1 slice Swiss cheese	1 slice American
lemon pepper	cheese
Dale's sauce	toothpicks

Marinate chicken in Dale's and sprinkle with lemon pepper. Let stand for 30 min. Grill chicken until fully cooked. Wrap chicken in one slice of American, Swiss and ham. Secure with toothpick and return to the grill until cheese melts.

John Gorman

Holiday Chicken Patties

4 c. finely chopped	1/2 c. celery
cooked chicken or	1/2 c. onion
turkey	salt and pepper
(cont'd)	

1/4 c. dry bread crumbs 2 to 4 tbs. oil
 1 (2 oz.) jar diced 2 eggs beaten
 pimento
 1/2 tsp. poultry seasoning

Finely chop onion, celery. Mix together chicken, celery, onion, crumbs, pimento, poultry seasoning, salt and pepper. Pour beaten eggs over chicken mixture and mix well. Shape into 8 to 10 patties. Coat each patty with bread crumbs. Heat oil in skillet over med. heat. Cook patties until golden brown on each side.

Carolyn Brown

Japanese Sunday Dinner
 (to be served buffet style)

6 c. cooked rice	3 c. celery, chop
4-5 c. chicken,	1 c. coconut
cooked and chopped	1-1/2 c. raisins
1-1/2 c. chow mein	4 c. tomatoes,
noodles	chopped
2 cans cream of	3 c. grated
mushroom, diluted	cheese
3 cans cream of chicken	1-1/2 c. peanuts
diluted	or cashews,
2 c. pineapple tidbits	chopped

Prepare the items and place in this order: rice, chicken, mushroom soup, celery, tomatoes, cheese, chicken soup, pineapple, coconut, raisins, peanuts or cashews, and noodles. Begin building in this order on top of each other. Serves 6 to 8.

Jet Fowler

Magic Chicken Chablis

2 (5 oz.) skinless	1 tbs. Cajun season
boneless chicken	1/4 c. Chablis
breasts cut up	1 c. half and half
in strips	1 tbs. flour
2 tbs. green onion	1 tbs. plus 1 tsp.
tops, chopped	softened butter

Sprinkle seasoning over chicken. Combine 1 tbs. butter with flour. Melt remaining 1 tsp. butter in skillet on med. heat. Add chicken and lightly brown. Deglaze pan with wine. Stir in butter-flour mix and cook 2 min. Add onion and turn heat to high. Add half and half, stirring frequently. Cook until sauce thickens. Serve with rice and steamed veggies.

Terri Tanner

One Pot Country Chicken

1 3 lb. fryer	3 tbs. oil
1/2 c. frozen peas	1/2 tsp. paprika
1 large sliced onion	2/3 c. green pepper
4 med. peeled, sliced	4 tsp. parsley
potatoes	flakes
1 beef bouillon dissolved in 3/4 c. hot water	

Brown chicken in oil, salt and pepper. Sprinkle with paprika. Let stand for 5 min. Saute onion and peppers in skillet. Arrange potatoes in single layer over sauteed veggies. Salt and pepper. Arrange chicken over potatoes and pour dissolved bouillon over. Cook on low heat for 30 min. Sprinkle peas around chicken. (cont'd)

Cover and simmer until chicken and peas are done.

Vivian Albright

Taco Pie

8 canned biscuits	1 lb. turkey
1 chopped onion	3/4 c. water
3/4 c. tomato paste	1 pkg. taco seasoning
8 oz. Mozzarella cheese, grated	1 tsp. beef bouillon

Press biscuits into pan. Brown turkey with bouillon, onion, salt, pepper and taco seasoning. Add water and tomato paste. Cook on low heat for 10 minutes. Put half of the mixture on top of uncooked biscuits then half of the cheese; repeat layers. Bake at 400 for 15 min.

Ruth Green

Turkey Cacciatore

1 pkg. fresh turkey drumsticks	1/2 c. red wine
1 jar (15 1/2 oz.) spaghetti sauce with mushrooms	1 green pepper, chunked
4 servings cooked spiral macaroni	1 onion cut into wedges

Place turkey in skillet or dutch oven. Add spaghetti sauce, wine, peppers and onion. Bring to a boil; reduce heat. Simmer covered 2 hours. Remove meat from bone. Cook sauce 10 minutes over med. heat to reduce and thicken. Add turkey; (cont'd)

heat through. Place macaroni on platter and top with turkey and sauce.

Thomas Cross, Jr.

Zesty Chicken and Rice

4 boneless chicken breasts	1 can fried onions
1/3 c. Italian dressing	2/3 c. uncooked rice
1/2 tsp. Italian seasoning	1 pkg. frozen veggies
	1 3/4 c. chicken broth

Place rice, veggies and 1/2 can fried onion in baking dish. Combine broth and Italian dressing and pour over rice. Saute chicken in Italian dressing 10 min. on each side. Place cooked chicken on top of rice and veggies. Pour pan drippings over chicken. Bake uncovered 25 min. at 350. Top with remaining fried onions. Cook an additional 3-5 min.

Karen McCutchen

Fish

Broiled Snapper

red snapper	lemon pepper
lemon juice	margarine

Put fish in baking dish; soak in lemon juice. Sprinkle fillets with lemon pepper. Spread 1 tbs. of margarine over each fillet. Broil on top rack of oven at 500 for 10 min. with oven door partially open.

John Gorman

Grilled Shrimp

1 lb. shrimp 1/2 c. Dale's sauce
1/3 c. worcestershire

Peel and devein shrimp. Place in a marinade dish with the liquid ingredients, then marinate for 1 hour. Place shrimp on skewers; grill for 15 min.

Lisa Farmer

Shrimp en Bisque

1/2 lb. peeled raw 1/2 tbs. garlic
shrimp, small dash of Tabasco
1 can of cream of 1-1/2 tbs. wine
mushroom soup salt and pepper
1/4 tsp. horseradish 1 tsp. worcestershire

Combine everything but shrimp. Bring to a boil. Add shrimp, cook 15-20 min. on low or until shrimp is done. Pour over noodles or long grain rice. Optional: for Newberg, add 1 c. grated cheddar cheese.

T.J. Baltrusaitis

Tuna Casserole

1 can cream of celery 1 med. onion, chop
1 can cream of large can tuna
mushroom 2 stalks celery,
1 lb. Velveeta, melted chopped
with 1/2 c. milk
1 med. bag of egg noodles

Cook noodles and drain. Add all
(cont'd)

ingredients together and bake at 300 for 30 minutes.

Phyllis McClendon

Tuna Mousse

1 (8 oz.) pkg. cream cheese
1 c. mayonnaise
2 tbs. finely chopped green peppers
1 large can tuna (or 2 small)
2 cans of mushroom soup
3 tbs. finely chopped onions
2 envelopes Knox unflavored gelatin

Soften cream cheese. Drain tuna and break up in med. bowl. Mix in cream cheese, onion and peppers. In a small pan bring soup to a boil. Remove from heat and stir in gelatin; let dissolve. Pour into above ingredients. Fold in mayo. Put in plastic mold and chill.

Bob and Diane Lawler

Singles Casserole

1 box Velveeta macaroni and cheese
1 can green peas or green beans
1 can of tuna or salmon

Cook macaroni and cheese according to pkg. Drain peas, drain tuna and mix all ingredients together. Season to taste.

Sharon Gilbert

Shrimp Creole

1 1/2 c. onion 1 c. chopped celery
3 c. hot cooked rice 1 tsp. salt
2 garlic cloves, 2 bay leaves
minced (cont'd) 1/4 c. butter

15 oz. can tomato sauce	1 c. water
1 lb. cleaned raw shrimp	2 tsp. parsley snips
2 med. chopped peppers	1/8 tsp. cayenne red pepper

Cook and stir onion, celery, green pepper and garlic in butter until onion is tender. Remove from heat; stir in tomato sauce, water and seasonings. Simmer (uncovered) for 10 minutes. Add water if needed. Stir in shrimp; heat to boiling. Cover and chill over med. heat 10-20 min. Serve over rice.

Debby Gordon

Garlic B-B-Q Shrimp

2 lbs. shrimp	1 stick butter
1 c. lemon juice	2 cloves garlic
tabasco (optional)	

Saute garlic in part of butter until tender. Combine rest of butter, lemon juice and marinate for 4 hours. B-B-Q on grill about 3-4 minutes on each side.

Doris Bradley, Darry Towery, Nancy Miller
Tom Paul

Mahi Mahi

Cut 3 lbs. Mahi Mahi into serving size. Slice banana and top fish with banana and butter. Season lightly. Squeeze lemon and wrap in tin foil. Bake at 350 for 20 min. Serve over rice and garnish with paprika and parsley.

Mike Kelley

Shrimp Scampi

1/4 c. white wine	1/4 lb. butter
1/2 crushed garlic clove	1/2 chopped green onion
up to 2 lbs. shrimp med.	

Saute cleaned and peeled shrimp. Add garlic and green onions. Heat at med. high until shrimp is milky white. Flame with wine. Serve in side dish or on rice.

Mike Kelley

Beef

American Chow Mein

2 lbs. ground beef	6 sliced carrots
4 stalks sliced celery	1 garlic clove
pinch of ginger	1/2 stick oleo
2 c. mushrooms	2 cans Veg-all
1 can sliced water chestnuts	1 can bamboo shoot
1 large can chow mein noodles	1 can bean sprouts
1/2 c. teriyaki sauce	1 large diced onion
	salt and pepper

Brown ground beef, onions, celery, garlic (minced), and mushrooms together. Drain grease. Put all ingredients together in large pot except noodles and cover with water. Boil until water cooks down halfway, then cook over med. heat for 30 min. Don't let water completely cook out. Serve over chow mein noodles.

Dana Hobbs

Barbecue Buckets

1 lb ground beef 1/2 c. BBQ sauce
 2 tbs. chopped onion 3 tbs. brown sugar
 1 can of 10 biscuits 1/2 c. grated cheese
 sprinkle garlic

Brown beef. Drain. Mix in BBQ sauce, onion, brown sugar, and garlic. Grease a muffin tin and press one biscuit in each bucket. Fill with mixture and sprinkle cheese on top. Bake at 400 until biscuits are brown.

Dana Hobbs

Barbecue Beef

6 lbs. chuck roast 1 stalk celery diced
 1 bell pepper, diced 2 onions, diced
 1 large jar ketchup 1 tsp. smoke sauce
 2 tbs. BBQ sauce 3 tbs. vinegar
 2 tsp. salt 1 tsp. pepper
 1 1/2 c. water 2 tsp. chili sauce

Cut meat into 6 chunks. Place meat into roasting pan. Mix all remaining ingredients and pour over meat. Bake 6 hours at 300 or 12 hours in crockpot. Pull meat off bones; remove bone, fat, and gristle.

Karen McCutchen

Batter Dipped Hot Dogs

1 c. self rising corn 1/2 tsp. pepper
 meal 1/2 c. milk
 (cont'd)

1 egg, beaten 2 tbs. oil
 8 to 10 hot dogs wooden skewers

Combine cornmeal and pepper; add milk, egg, and oil. Insert wooden skewers in one end of each hot dog. Coat with additional flour and dip into cornmeal batter. Fry a few at a time in deep hot oil until golden brown. Drain on paper towels.

Anne Burgess

Barbecue Beef

1 1/2 lb. roast 1/4 c. chopped onion
 3/4 c. BBQ sauce 1/4 tsp. ginger
 with honey 1/4 c. soy sauce
 1 garlic clove 2 tbs. sesame seeds

Mix together and cover. Bake at 450 until beef is tender. The beef should be turned 3 to 4 times and basted. Scoring the beef will allow the flavor of sauce to penetrate.

Kim La Rock

Beef Tater Tot Casserole

1 lb. ground beef 1 c. Veg-all
 1 c. cream of mushroom tater tots
 1 small diced onion garlic

Cook beef with onions (garlic) to taste. Drain. Mix beef and Veg-all. Bake at 350 for 30 min. Put tater tots on top and bake 12 more min. at 450. Serve with steamed broccoli.

Diane Gilley

Easy Barbecue Beef Tips

1 pkg. beef tips seasoning salt
Heinz 57 Bar-b-que Worcestershire
sauce sauce

Place beef tips in single layer in shallow glass baking dish. Sprinkle with seasoning salt and Worcestershire sauce. Pour barbecue sauce generously over beef tips. Cover with aluminum foil; bake at 350 for 35 min.

Terry Bell

Scandinavian Meatballs

1 lb. hamburger 1/2 lb. pork
1/3 c. milk 1/2 c. breadcrumbs
1/2 tsp. salt 1/4 tsp. nutmeg
1/2 tsp. lemon rind 1 egg beaten
2 tbs. drippings 3/4 c. milk
1 can mushroom soup

Fry meatballs in drippings. Add to soup-milk mixture. Simmer 20 min.

Dick & Cathy Corbett

Busy Day Casserole

4 lg. potatoes (sliced) 1 29 oz. Veg-all
1 can cream of chicken 1 lb. ground beef
1 can of mushroom soup
1 lb. cheddar cheese (shredded)

Brown ground beef and drain. Place potato slices in bottom of large
(cont'd)

casserole; add Veg-all and soups. Sprinkle thick layer of cheese on top. Bake at 350 for 1 hour.

Ann Burgess

Cheeseburger Casserole

1-1/2 lb. ground beef 1/4 c. chopped onion
1 can tomato sauce 1/2 c. ketchup
1 can of biscuits (10)
8 oz. grated cheese

Brown ground beef with onions and drain. Add tomato sauce and ketchup to beef. Put in casserole and sprinkle with cheese. Top with biscuits that have been cut in fourths with scissors. Bake at 350 15 to 20 min. or until biscuits are brown.

Carolyn Brown

Green Enchiladas

2 cans green chilies, chopped
2 cans cream of chicken soup
1 lg. can evaporated milk
1 lb. Velveeta
1-1/2 lb. ground beef
1 med. to lg. onion
1/2 lb. longhorn cheddar cheese, grated
2 pkgs. corn tortillas (lg. pkg.)

Melt Velveeta, soup, milk and chilies together; set aside. Brown meat and drain. Add cheddar cheese, onion, and mix together. Dip tortillas in hot grease for about 10 seconds and remove. Fill
(cont'd)

tortillas with meat and roll. Place in 9" x 13" baking dish. Pour cheese sauce over tortillas and bake 45 min. at 300.

Diane Lawler

Hamburger and Mushrooms

1 lb. hamburger	3 tbs. water
1 tbs. worcestershire	1 tbs. salt
2 tbs. margarine	1/2 tsp. pepper
3 tbs. onions, chopped	8 oz. mushrooms
1/4 c. red wine	

Saute mushrooms in butter 10 min. Mix meat, water, salt, pepper, worcestershire and onions together. Make into patties. Move mushrooms to one side of the skillet and put in patties and wine. Cook on med. heat cook until desired doneness of meat. Remove from heat and serve with mushrooms.

Jeff Henderson

Hot Tamale Pie

2 lbs. lean ground beef	1 bell pepper
1 8 oz. can tomato sauce	1 lg. onion
1 8-10 oz. corn muffin mix (instant)	1 stalk celery
2 tbs. chili seasoning mix	2 tbs. oil
	1 tsp. salt
	1 c. condensed milk
1 small pkg. sharp cheese	

Chop onion, bell pepper, and celery. Cook veggies in oil until tender. While veggies are cooking, brown beef with salt in another pan. Drain. Add chili seasoning and tomato sauce to beef; add water if mixture is to dry. Add veggies to meat. Simmer for 5 min. Place (cont'd)

mixture in lg. casserole. Mix corn muffin mix and condensed milk in a small bowl; pour over meat. Grate cheese liberally over top of corn muffin mix. Bake at 400 for about 20 min. or until brown on top.

Cindy Hill

Impossible Cheeseburger Pie

1 lb. ground beef	1/2 tsp. salt
1 c. shredded cheese	1/4 tsp. pepper
3/4 c. Bisquick	3 eggs
2 tomatoes, sliced	1-1/2 c. onion, chop

Grease pie pan. Brown beef and onion; drain. Stir in salt and pepper. Spread in pan. Beat milk, Bisquick and eggs until smooth, 15 seconds in the blender or 1 min. with hand beater. Pour in plate and bake 25 min. at 400. Top with tomatoes, sprinkle with cheese. Bake until knife inserted in center comes out clean, 5 to 8 min. Cool for 5 min.

Carolyn Brown

Lasagna

12 oz. pkg. lasagna	1/2 pt. sour cream
small jar Prego sauce	1/2 pt. cottage cheese
1/2 lb. ground chuck	
2 c. shredded cheddar	1/2 c. mozzarella
Dale's sauce	1 sm. minced onion

Cook lasagna according to package directions, seasoning with 1 tbs. of butter and dash of garlic salt. Brown ground chuck seasoned with Dale's sauce, garlic salt, pepper and minced onion. Drain, add to Prego sauce plus (cont'd)

dash of Italian seasoning. Layer two cooked noodles side by side in bottom of 8" x 10" glass dish. Add ground chuck/sauce mixture. Layer four noodles, two side by side, and two thick to cover mixture. Add thin layer of cottage cheese plus thin layer of sour cream. Add two noodles to cover cottage cheese and sour cream mixture. Spread cheddar cheese evenly to cover noodles. Sprinkle mozzarella cheese on top. Cover with foil; bake at 375 for 15 min. Remove foil; bake additional 15 min. Serves 3-4.

Tina Farrell

Spaghetti Pie

6 oz. spaghetti	2 tbs. butter or
1/3 c. grated parmesan	margarine
2 well beaten eggs	1 tsp. sugar
1 c. cottage cheese	1 c. chopped onion
1/4 c. chopped green	16 oz. can tomato
pepper	paste
1 tsp. dried, crushed	1/2 c. shredded
oregano	mozzarella
1 8 oz. can tomatoes,	1 lb. ground beef
cut up	or bulk pork
1 tsp. garlic salt	sausage

Cook spaghetti according to pkg. directions. Stir butter, parmesan cheese and eggs into hot spaghetti. Form spaghetti mixture into a "crust" in a buttered, 10" pie plate. Spread cottage cheese over bottom of spaghetti. In skillet cook beef or pork, onion and green pepper until vegetables are tender and meat is browned. Drain off excess fat. Stir in undrained tomatoes, tomato paste, sugar, (cont'd)

oregano and garlic salt. Turn meat mixture into spaghetti crust. Bake uncovered at 350 for 20 min., sprinkle mozzarella on top and bake for 5 more min. Makes 6 servings.

Norma Reeves

Meat Loaf Supreme

4 lb. ground beef	1/4 c. wine
2 eggs slightly beaten	1/2 c. chili sauce
1/8 tsp. curry powder	1 tbs. salt
1 can vegetable soup	1 tsp. pepper
1/8 tsp. garlic salt	1/2 c. corn flakes
1 tsp. dried parsley flakes	

Combine all ingredients except wine and chili sauce. Form into loaf. Place in roaster with 3/4 c. water. Combine wine and chili sauce. Pour over loaf. Bake at 350 for 2 hours or to desired doneness.

David Hawkins

Roast

5 lb. roast beef
1 tsp. garlic salt
3 lb. bag of vegetables

Put roast into pan; fill pan with water even with roast. Bake at 350 for 3-1/2 hrs. or until tender. Add garlic salt and vegetables; bake at 350 for 30 min.

Phyllis McClendon

Simple Beef Stroganoff

1 lb. ground beef	garlic
4 oz. sour cream	1 small onion
noodles	salt (pinch)
1 can cream of	2 c. chopped
mushroom soup	mushrooms

Cook beef seasoned with garlic to taste; drain grease. Brown onions and mushrooms. Mix soup, sour cream, beef, onions, pinch of salt, and mushrooms together. Bake at 350 for 45 min. Pour over cooked noodles. Great with salad and garlic bread!

Diane Gilley

Spicy Spaghetti

2 lb. ground beef	1 tsp. salt
1/2 cup chopped onion	1 tbs. sugar
1 clove garlic, finely	1/2 tsp. ground
chopped	oregano
cooked spaghetti	1/4 tsp. pepper
1 32 oz. or 46 oz. can	1 tbs. dried
tomato juice	parsley flakes
2 6 oz. cans tomato	grated parmesan
paste	cheese

In microwave oven:
Crumble ground beef into 3-qt. glass casserole. Stir in onion and garlic; cover with glass lid. Microwave for 10 min. on HIGH; drain. Stir in remaining ingredients except spaghetti and cheese. cover and microwave for 30-35 min. on SIMMER, or until hot (160 degrees). Serve on hot spaghetti; top with parmesan cheese.

Howard Piner

Spaghetti & Meat Sauce

1 jar Ragu sauce	1 pkg. spaghetti
1 lb. hamburger	

Cook spaghetti per pkg. directions. Cook meat; drain both. Heat Ragu sauce to boiling in large pot; add meat and spaghetti. Simmer 15 min. Pig out!

Carlos Goins

Main Dish Macaroni

2 c. elbow macaroni	1 lb. ground beef
1 c. chopped onion	1/2 tsp. salt
1/2 tsp. pepper	1 c. grated cheddar
2 8 oz. cans tomato paste	

Cook ground beef and onion in skillet until beef loses its redness. Drain off excess fat. Add tomato sauce, salt and pepper. While this is simmering, cook macaroni according to pkg. directions. Mix cooked macaroni with sauce. Stir in cheese just before serving.

Cathy Thornton

Stack-a-Roll Stroganoff

1 lb. hamburger	Topping:
1/2 c. sour cream	1 egg
1 can mushroom soup	1/2 c. sour cream
1 can French fried	celery salt or
onion rings	celery seed
1 small can mushrooms	
1 pkg. 10 Hungry Jack biscuits	

(cont'd)

Brown meat in skillet; drain. Combine mushroom soup, sour cream, mushrooms, 1/2 of French fried onion rings, mix in meat and pour into casserole dish. Cut biscuits in half, place around casserole and trim excess from sides. Combine ingredients for topping; pour over biscuits. Bake at 350 until biscuits are done. Place remaining French fried onion rings in center of biscuits just before serving and warm.

Sharon Rivers

Stuffed Bell Peppers

4 large bell peppers	1 lb. ground round
3/4 c. minute rice	1 med. onion
salt	pepper
1 18 oz. can tomato sauce	garlic salt

Preheat oven 350 degrees. Cut tops off bell peppers, clean out seeds and parboil until peppers are tender. Put ground round, diced onions and diced bell pepper left from the tops into frying pan. Add salt, pepper and garlic; brown. Drain excess grease; add tomato sauce and rice. Place peppers in casserole dish. Stuff peppers with ground round and rice mixture. Place remains of ground round and rice mixture around peppers; cover. Cook for 45 min.

Lisa Farmer

Stuffed Green Peppers

3 large green peppers	2 tsp. salt
1/4 tsp. black pepper	1 lb. ground beef
1/2 c. cooked rice	1 egg

(cont'd)

1 tsp. crushed red pepper	2 tbs. shredded cheddar cheese
2 tbs. finely chopped celery	2 tbs. finely chopped onion
1/4 c. chili sauce	

Halve peppers lengthwise; remove stems, seeds and membranes. Add 2 tsp. salt to enough boiling water to cover peppers; boil peppers 5 min. Drain. Combine remaining ingredients except cheese. Mix well. Fill pepper halves with mixture and place in a baking pan in 1/2" hot water. Bake uncovered at 350 45-55 min. Sprinkle cheese over peppers and bake 5 more min. or until cheese melts.

Frank Bradley

Sweet and Sour Meatballs

1 lb. ground beef	2 tbs. lemon juice
1 32 oz. bottle ketchup	1 egg
1 10 oz. jar grape jelly	salt & pepper to taste

Roll ground beef into balls. Mix ketchup, jelly, lemon juice, egg, salt and pepper in large skillet. Bring mixture to boil. Add ground beef; reduce heat to simmer. Cover; cook for 30 min.

Lynne Gifford

Beef Ribs

4 lb. beef ribs	1 c. water
BBQ sauce	1 onion
salt & pepper to taste	(cont'd)

Cut onion in 4 pieces. Place ribs in baking dish with 1 c. water, salt, pepper and onions. Bake for 2 hrs. at 300; baste with BBQ or Barbacoa sauce. When the ribs seem done, baste once more with Barbacoa sauce and heat at 375 for 30 min. This gives the ribs that crisp look and makes them crispy on the outside.

Allen Armstrong

Bev's Sukiyaki

2 lb. ground chuck	6 scallions
2 tbs. sugar	1 c. celery
1/3 c. soy sauce	1 tsp. salt
1 tbs. corn starch	1 can bean sprouts
1 can or jar mushrooms	1 green pepper
1/4 c. Al Steak Sauce	1 8 oz. can each:
rice (desired amount)	water chestnuts
	bamboo shoots

Drain juice from water chestnuts and bamboo shoots. Retain drained juice from mushrooms. Finely slice vegetables into strips. In large skillet or wok, brown beef. When meat is cooked, mix in vegetables, add mixture of sugar, soy sauce, Al Sauce and salt; simmer 3-5 min. or until vegetables are just tender crisp. Mix mushroom juice and corn starch; add to sukiyaki. Cook until thickened, then serve over rice.

Bobby James

Grandma's Hearty Hamburger Stew

1/2 lb. hamburger	1/2 c. bread crumbs
1/2 tsp. Accent	1/4 c. milk

(cont'd)

1 beaten egg	1/2 c. water
4 med. potatoes, quartered	4 carrots, quartered
3 stalks celery, cut in chunks	1/4 c. flour gravy coloring

Boil vegetables in just enough water to cover. Cook gently until vegetables are almost tender. Meanwhile, combine hamburger, bread crumbs and seasoning. Form into small balls. Drop into gently bubbling stew. Cook 10-15 min. Combine flour and coloring.

Dick & Cathy Corbett

Taco Beef Noodle Bake

1 lb. lean ground beef	1/2 c. water
1/2 c. chopped onion	1 tbs. flour
1 8 oz. pkg. med. noodles	1 15 oz. can tomato sauce
1 1.25 oz. pkg. taco seasoning mix	1 16 oz. container cottage cheese
2 tsp. instant beef bouillon	1/4 c. chopped green onion
1/4 c. chopped green bell pepper	1 c. shredded mozzarella
1/4 c. sour cream	

Preheat oven to 350. In large skillet, brown beef and onion. Stir in tomato sauce, water and taco mix. Simmer, uncovered, 10 min. In large bowl combine cottage cheese, sour cream, flour and bouillon; mix well. Add noodles, green onion and pepper; blend well. Spoon noodle mixture into well-greased 2 qt. baking dish; top with meat mixture. Bake 20-25 min. Let stand before serving. Serves 8.

Jo Ann Gore

Taco Salad

8 oz. cream cheese	Chopped vegetables:
1 lb. ground beef	green pepper
1-1/2 med. bottles	tomatoes
mild taco sauce	lettuce
grated cheese	green & black
dry taco mix seasoning	olives
16 oz. sour cream	

Combine cream cheese, sour cream and bottle of mild taco sauce and spread mixture in dish. Brown ground beef with 1 envelope taco mix seasoning; cool. Add 1/2 bottle mild taco sauce. Put on top of cheese mixture. Add grated cheese, chopped green and black olives, green pepper, tomatoes and chopped lettuce. Serve with chips.

Jean Lowe

Hoppin John

(Especially good for New Year's Day)

2 cans blackeye peas	3 c. rice
1 c. chopped ham	1/2 tsp. hot pepper
1/2 tsp. salt	sauce
1 c. finely chopped onion	

Saute ham, onions and hot pepper sauce in hot oil for 3-5 min. Combine remaining ingredients, then heat.

Cheryl Hodgdon

Breakfast Casserole

1 can mushroom soup	4-5 eggs
3/4 tbs. mustard	2-1/2 c. milk
1/2 c. milk	

(cont'd)

4 or 5 slices sourdough bread, cubed
2 cups grated sharp cheddar cheese
1-1/2 lb. sausage, browned and drained

Prepare this dish the night before and refrigerate overnight. Place cubed sourdough bread in greased, 9" x 13" baking dish. Sprinkle cheese over bread. Place browned and drained sausage over cheese. Use hand mixer to beat eggs, mustard and 2-1/2 c. milk together. Pour over sausage and refrigerate overnight. Next morning, dilute mushroom soup with 1/2 c. milk, and spread over above ingredients. Preheat oven to 350; bake for 1 hr.

Diane Lawler

Willis' "Infamous" Sandwich

4 slices sausage	2 eggs
4 slices bread -	2 slices processed
whatever kind	cheese
you like	mayonnaise

Fry sausage crisp. Fry eggs hard. Lay cheese on eggs when done, so it will melt. Toast bread. Lightly spread mayonnaise on toast. Put 2 pieces sausage, 1 egg and 1 slice cheese on toast. Serves 2.

Willis L. Carter, Jr.

Sweet & Sour Pork

4 c. lean pork	1/4 c. brown sugar
2 tbs. shortening	2 tbs. cornstarch
2 med. onions, sliced	1/2 tsp. salt
thin	1/3 c. vinegar
1 #2 can pineapple	1/2 c. pineapple
chunks	juice, drained
(cont'd)	from can

Combine all the ingredients in the second column above. Cook on medium-high, stirring constantly until it thickens and turns clear. Pour this sauce over browned pork (cut in small cubes). Add onions; simmer 15 min. Add pineapple; simmer 20 minutes. Serve over rice. Darn good!

Dennis Howell

Macaroni & Cheese with Smoky Sausages

3 tbs. margarine	1-1/2 tsp. salt
2 c. uncooked macaroni	1/2 tsp. pepper
2 c. shredded sharp cheddar cheese	1 12 oz. pkg. small smoked sausage links
1 qt. milk	

Melt butter in baking dish in 350 degree oven; add uncooked macaroni, salt and pepper. Stir to coat macaroni with butter, sprinkle with cheese; pour milk over macaroni and cheese. Arrange sausage links on casserole; bake 15 minutes longer or until sausage is hot.

Howard L. Piner

One-Pan Breakfast

1 potato	1 egg
1/2 med. onion	3 oz. ham
1 strip cooked bacon	salt to taste
Creole seasoning to	pepper to taste

Peel and dice potato and onion; cook on med. heat (covered) until almost done. Add meat. Beat eggs and seasonings; add to pan. Cook uncovered until eggs are done. Serves 1.

Norman Christianson

Lasagna

1 small chopped onion	1 tsp. sweet basil
1-1/2 lb. hamburger	1 tsp. oregano
1-1/2 lb. Italian sausage	1-1/2 tsp. salt
1 6 oz. can tomato paste	6 tbs. flour
3 beaten egg yolks	3 c. milk
Lasagna noodles	2 c. parmesan
1 large chopped onion	1 tsp. salt
6 tbs. melted butter	1/2 tsp. pepper
48 oz. crushed tomatoes	4 bay leaves
	2 cloves chopped garlic

Meat Sauce:

Cook hamburger, small onion and garlic until brown. Drain; set aside. Cook sausage until pink color is gone. Drain; set aside. In large saucepan combine tomato paste, tomatoes, 1 tsp. salt, pepper, oregano, sweet basil, bay leaves, hamburger mixture and sausage. Simmer for 1 hr.

Cheese Sauce:

Mix flour, butter, and 1-1/2 tsp. salt in large saucepan over low heat. Add large onion and milk. Cook until thick. Add egg yolks and cheese. Grease two 12" x 7-1/2" glass baking dishes. Layer cooked noodles, meat sauce and cheese sauce. Bake at 350 for 30 min. **Note:** Do not bake before freezing.

Kathy Mach

Sausage Cabbage Casserole

1 cabbage	2 potatoes
1 pkg. Polish sausage or kielbasa	2 onions
	(cont'd)

In casserole dish, layer sliced potatoes and onions. Drain cabbage and pour over potatoes and onions. Slice sausage; put on top of cabbage. Cover and bake for approximately 40 min.

Pork Casserole

1 c. uncooked rice	2 c. water
1 3-1/8 oz. onion soup mix	6 pork chops

Preheat oven to 350 degrees. Mix water, rice and soup mix; put in large baking dish and arrange pork chops on top. Cover with foil and bake for 1-1/2 hrs.

Jean Lowe

Jambalaya

3 boneless chicken breasts	2 c. instant rice
2 c. chicken broth	1/4 c. beer
1 lb. hot pork sausage	1 bay leaf
1 c. celery	1 can Ro-tel
1/8 tsp. white pepper	1 c. bell pepper
1/8 tsp. red pepper	1/8 tsp. salt
1/2 c. chopped hot pepper	1/8 tsp. allspice
1 tbs. chopped parsley	1-1/2 c. diced onion
1/2-3/4 lb. Polish sausage	1/4 tsp. thyme
	2 garlic cloves

Cook chicken in 1/4 c. beer. Dice chicken. Fry sausage. Save grease. Cut Polish sausage in 1/2" circles, then quarter. Add these together. Put 2 tbs. pork grease and all veggies in a large skillet; cook on med.-high for 6-8 min. Add meat to 2 (cont'd)

cups of cooked instant rice. Cook rice in 2 c. chicken broth. Add veggies to meat and rice. Put in large buttered casserole. Add all of the seasonings. Preheat oven to 300 degrees. Bake for 30-50 min.

Dave Whitten

Eggs

Oven Omelet

1 c. sour cream	18 eggs
2 tsp. salt (optional)	1 c. milk
1/4 c. margarine or butter	1 c. shredded cheddar cheese
1/2 c. finely chopped green pepper	1 c. shredded Swiss cheese
3 green onions, very thinly sliced	1 2 oz. jar diced pimento, drained

Heat margarine in 13" x 9" x 2" baking dish in 325 degree oven until melted. Tilt dish to coat bottom with melted margarine. Beat eggs, sour cream, milk and salt in large mixing bowl until well blended. Stir in Swiss cheese, cheddar cheese, green pepper, green onion and pimento. Pour into baking dish. Cook uncovered until omelet is set but still moist; 40-45 min. Cut into squares and garnish with pimento or green pepper. Yields 12 servings. Do ahead tip: after pouring into baking dish, cover and refrigerate no longer than 24 hrs. Bake uncovered at 350 for 50-55 min.

Carolyn Brown

Quiche Lorraine

9" unbaked pie shell	3 eggs
1/2 lb. sliced bacon	1/2 c. light cream
1/2 c. grated Swiss cheese	dash nutmeg
dash cayenne	1/2-3/4 tsp. salt
	dash pepper

Prepare pie shell. Refrigerate until ready to use. Preheat oven to 375 degrees. Fry bacon until crisp; drain on paper towel. Crumble bacon into bits and sprinkle over bottom of pie shell; sprinkle with grated cheese. Use rotary beater to beat eggs with light cream, salt, nutmeg, cayenne and pepper in med. bowl until well combined but not frothy. Pour into pie shell. Bake 35-40 min. or until top is golden and the center seems firm when gently shaken. Let cool on wire rack 10 min. before serving. Makes 6 servings or 12 hors d'oeuvres.

Dick & Cathy Corbett

Noodle Omelet

1 c. broken noodles	1/2 c. butter
3 eggs, well beaten	salt
cheese (optional)	pepper

Cook noodles per package instructions; drain well. Heat butter in skillet, add noodles and brown lightly. Season eggs with salt, pepper and any other seasonings desired. Stir eggs into noodles and cook slowly until eggs are firm. Grated cheese of any type may be layered over omelet in skillet and heated until melted.

Lora Dührberg

Breads



Bacon-Corn Meal Muffins

1 c. self-rising corn meal 1 egg
1 c. self-rising flour 1 c. buttermilk
3 tbs. sugar (optional) 1/4 c. veg. oil
8 strips bacon cooked & crumbled

Preheat oven to 425 degrees. Grease muffin cups. Stir together corn meal, flour and sugar if desired in mixing bowl. Beat egg in separate bowl. Stir in buttermilk and oil. Add liquid mixture to dry ingredients, stirring until blended. Stir in crumbled bacon. Spoon batter into prepared muffin cups, filling each 2/3 full. Bake 15-18 min. or until golden brown. Makes 12 medium muffins.

Jean Lowe

Buttermilk Biscuits

5 c. self-rising flour	1 tsp. soda
2 tbs. sugar	2 c. buttermilk
1 c. vegetable oil	1 pkg. dry
1/4 c. warm water	yeast (cont'd)

Combine yeast and warm water. Add buttermilk and oil to yeast mixture. Combine flour, soda, and sugar. Add liquid mixture to flour mixture. Mix well, place in covered bowl and chill overnight. Remove dough, roll out dough, cut out biscuits, and place on greased cookie sheet. Bake 400 degrees until brown.

Karen McCutchen

Egg Nog Muffins

2 c. all-purpose flour	1/2 c. dark rum
2/3 c. sugar	5 tbs. margarine or butter, melted
1 tbs. baking pwdr.	1 egg, beaten
1 tsp. salt	1/8 tsp. grd. nutmeg
3/4 c. egg nog	

Heat oven to 400 degrees. Grease bottoms of 12 med. muffin cups, 2-1/2 x 1-1/4 inches, or line with paper baking cups. Sift flour, sugar, baking powder, and salt into large bowl. Stir in egg nog, rum, margarine, egg, and nutmeg just until flour is moistened (batter will be lumpy). Fill muffin cups about 3/4 full. Bake until golden brown, about 20 minutes. Immediately remove from pan. Yields 1 dozen.

Carolyn Brown

Family Bread

7 c. all-purpose flour	1/4 c. olive oil (not virgin)
2 pkgs. yeast	2-1/2 tbs. salt
2-1/2 c. warm water	

Place flour in large bowl. Make hole in center of flour. Add oil and salt in separate bowl. Mix yeast with warm water. Add to flour. Knead in until no loose flour remains. Cover, let rise for 1 hour. Place on cake or cookie pan after you have formed to desired loaf size, i.e., rolls, (cont'd)

baguettes; let rise 1 more hr. Bake in oven on 375 degrees for 50-60 minutes.

Larry Tougaw

Hush Puppies

2 c. self-rising corn meal	1 egg, beaten
1 small onion, finely chopped	3/4 c. milk

Combine corn meal, milk, egg, and onion; mix well. Drop by rounded teaspoonfuls into deep hot oil (375 degrees) frying only a few at a time until golden brown. Drain on absorbent paper. Makes about 2 dozen hush puppies.

Anne Burgess

Mexican Cornbread

1-1/2 c. plain meal	1 c. grated sharp cheese
3 tsp. baking pwdr.	
1/2 tsp. soda	1 small can creamed corn
1 tsp. salt	
1 c. buttermilk	4 Jalapeno peppers
1/3 c. oil	2 eggs

Mix all ingredients well. Cook 25 to 30 minutes at 350 degrees in a greased skillet.

Mildred G. Cloninger

Mexican Cornbread

1-1/2 c. self-rising meal	1 small onion, chopped
1/2 c. Wesson oil	1/2 tsp. cayenne
1 #3 can Whole Kernel Corn (Drained)	1 c. milk
1 c. shredded American Cheese	2 eggs, beaten

Mix all ingredients well. Bake at 400 degrees until golden brown.

Jean Lowe

Mexican Cornbread

1-1/2 c. self-rising corn meal	8 oz. sour cream
2 eggs	1 chopped onion
1 c. cream-style corn	1 sm. can chopped green chilies
2/3 c. Wesson oil	1 c. grated cheddar cheese

Preheat oven to 400 degrees. Combine all ingredients. Mix well. Pour into hot greased 10" skillet. Bake at 400 degrees for 45 minutes or until done.

Gail Ruple

North Carolina Cornbread

1 c. corn meal	1 egg
** baking powder	1 c. sweet milk
1/2 c. yellow corn meal	1/2 c. Puritan oil
2 tbs. sugar	

Preheat oven to 425 degrees. (cont'd)

Pour 1/2 cup oil into black skillet. Heat oil in oven until hot. Mix all remaining ingredients together in large mixing bowl. When oil is hot, pour mixture into hot oil. Bake for 15 min. only. Then broil for a few min. until the top is brown. Cover top with butter.

Julia Cheatham

Squash Bread

3 eggs	2 c. shredded yellow squash
1 c. oil	3 c. self-rising flour
2 c. sugar	
2 tsp. vanilla	nuts, optional
2 tsp. cinnamon	

Mix eggs, oil, sugar, and vanilla with mixer. Add other ingredients; mix with spoon. Bake at 325 degrees 45-60 minutes for a loaf; 30 to 35 minutes for cupcakes.

Cam Shelton

Zucchini Bread

3 eggs	2 c. sugar
3 tsp. vanilla	3 c. flour
2 c. chopped zucchini (raw)	1 tsp. soda
1 c. oil or 2 bars oleo (soft)	1 tsp. salt
	2 tsp. cinnamon
	1/4 tsp. baking pwdr.

In blender, blenderize first 4 ingredients. Then add remaining 6 ingredients. Stir and bake in greased (cont'd)

loaf pans for 1 hr. at 350 degrees.
 Variations: substitute orange extract
 for vanilla or pumpkin spice for
 cinnamon or use 1-1/2 c. white flour
 and 1-1/2 c. wheat flour. Makes 2
 loaves. Freezes well.

Dick and Cathy Corbett

Quick Pizza

cheese	oregano
Rich's Frozen	pizza sauce
Bread Loaf	

Preheat oven at 250 for 5-7 min. Turn
 oven off. Grease bowl or pan and bread.
 Cover bread with Saran Wrap, leaving
 room for expansion; let rise. Spread
 dough on pan. Add sauce, small amount
 of cheese, and any other toppings
 desired; add remaining cheese and
 oregano. Bake in preheated oven at 350-
 375 for 30 min. or until done.

John and Shari Hafner

Crescent Rolls With Half The Fat

1/3 c. vegetable oil	1 egg
1 8 oz. carton plain	1 egg white
low-fat yogurt	4 c. all-purpose
1/2 c. sugar	flour
1 pkg. dry yeast	1 tsp. salt
1/2 c. warm water	
Butter-flavored vegetable cooking spray	

Combine first 3 ingredients; set aside.
 (cont'd)

Dissolve yeast in warm water in a large
 mixing bowl; let stand 5 min. Stir in
 yogurt mixture, egg, and egg white.
 Combine flour and salt. Stir 2 cups
 flour mixture into yogurt mixture; beat
 at medium speed with an electric mixer
 until smooth. Gradually stir in
 remaining flour mixture. Cover and
 refrigerate 8 hours. Punch dough down,
 and divide into 4 equal parts. Roll
 each into a 10" circle on a floured
 surface; coat with cooking spray. Cut
 each circle into 12 wedges; roll up
 each wedge, beginning at wide end.
 Place on baking sheets coated with
 cooking spray, point side down. Cover
 and let rise in a warm place (85
 degrees) free from drafts, 45 min. or
 until doubled in bulk. Bake at 375
 degrees for 10-12 minutes or until
 golden brown.

JoAnn Gore

Mom's Yeast Rolls

1 pkg. yeast	4 c. flour
2 c. hot water	3/4 c. oil
1/4 c. sugar	1 egg

Preheat oven to 425 degrees. Mix water
 and yeast; dissolve; set aside. Mix
 flour, oil, sugar, and egg. Pour in
 yeast, mix well; mix to biscuit
 consistency; making balls (quarter
 sized). Put three balls each in
 greased muffin pans. Cook 20 minutes.
 Butter generously.

Vivian Albright

Spoon Rolls

2 c. warm water 1 egg
 1 pkg. dry yeast 4 c. self-rising
 1-1/2 sticks oleo flour
 1/2 c. sugar 1 tsp. salt

Mix water, yeast, sugar, and oleo. Combine with all remaining ingredients and place in airtight container. Will keep several days in refrigerator. Spoon out and bake in greased muffin tin at 450 degrees for 18 minutes or until golden brown.

Norma Reeves

Cheese Danish

2 pkg. crescent rolls 3/4 cup sugar
 2 8 oz. pkgs. cream 1 tsp. vanilla
 cheese 2 tsp. lemon
 1 egg (separated) juice
 3 tbs. water

Cream cheese and sugar. Add egg yolk, vanilla, and lemon juice. Place 1 pkg. crescent rolls in bottom of ungreased pan. (Do not separate.) Smooth mixture on top. Place 2nd pkg. of crescent rolls on top of cheese mixture. Mix water and egg white with a fork. Brush on top of Danish. Bake at 350 degrees for 25-30 minutes.

Margie Watson

Desserts



Apple Dapple Cake

1-1/2 c. salad oil	3 eggs
3 c. self-rising flour	2 c. sugar
2 tsp. vanilla extract	3 c. apples
1-1/2 c. nuts (chopped)	(chopped)

Topping:

1 c. brown sugar	1/4 c. milk
1 stick margarine	

Mix eggs, salad oil, and sugar. Blend well. Add flour and mix well. Add vanilla extract, chopped nuts and apples. Put mixture into greased 8" or 9" tube or fluted pan. Bake at 350 for 1 hour.

Topping:

Combine all ingredients and cook for 2 1/2 minutes. Pour topping over cake in pan. Cool and remove cake from pan. Slice and serve.

Willis Carter

Applesauce Cake

2 sticks margarine	1 tsp. nutmeg
3 c. applesauce (with	1 c. sugar
2 tsp. soda mixed in)	3 c. sugar
1 c. pecans (chopped)	(brown)
3 c. flour (with spices	1 tsp. cloves
mixed in flour)	1 c. raisins
1 tsp. cinnamon	
1 tsp. allspice	

Mix all ingredients and pour into tube or bundt pan. Bake at 350 for 1 hour and 20 minutes.

Grandma McCoy

Banana Cake

1 package yellow cake mix
1 c. very ripe mashed bananas

Follow pkg. directions except reduce the liquid by 1/2 and substitute the bananas. Add 2 to 4 tbs. salad oil (optional) to batter. Bake as directed on the box.

Sandy Aldridge

Banana Carrot Cake

1 c. mashed ripe bananas	1 c. sugar
2/3 c. vegetable oil	1 tsp. salt
1/2 tsp. soda	2 eggs
1-1/2 c. flour	
(all purpose)	
2 tsp. baking powder	
1/2 tsp. cinnamon	
1/4 to 1/2 tsp. cloves	
1 c. shredded carrots	
1/3 c. nuts (chopped)	
1-1/2 c. all purpose flour	
1 c. quick or old-fashioned uncooked oats	

Combine sugar, banana and oil; add eggs, one at a time, beating well after each one. Stir in combined flour, baking powder, salt, soda and spices. Add oats and carrots. Mix well. Spread into greased 9" square baking pan; sprinkle with nuts. Bake at 350 about 40 minutes or until done.

Anne Burgess

Black Walnut Cake

1/2 c. powdered sugar	1/2 c. walnuts
1 box Butter Pecan cake mix	(chopped)
4 oz. sour cream	
1/4 tsp. black walnut flavoring	

Icing:

1 stick margarine
1 box powdered sugar
1/4 to 1/2 c. black walnuts
18 oz. cream cheese

Mix as directed on box except substitute milk for water. Add flavoring and walnuts to batter and bake in 3 round 8" pans at 350. Cool and mix sour cream and powdered sugar together and spread between layers.

Icing:

Beat powdered sugar into cream cheese and margarine. Add walnuts and frost cake.

Dale Weaver

Cake Delight

1 box Duncan Hines butter cake mix
1 11 oz. can mandarin oranges with juice
1/2 c. Wesson oil
1 large can crushed pineapple with juice
1 small package instant vanilla pudding
3/4 c. pecans (chopped)
1 small can coconut (optional)
1 large Cool Whip
4 eggs
(cont'd)

Mix cake mix and oranges with juice and oil; add eggs one at a time, in electric mixer. Cook in 3 greased and floured cake pans 20 to 25 minutes at 325.

Frosting:

Mix pudding and pineapples together. Fold in Cool Whip; add pecans and coconut (optional). Mix in electric mixer until smooth. Frost tops and sides of cake.

Anne Burgess

Cheese Cake

1 8 oz. pkg. cream cheese (softened)
1 14 oz. can Eagle Brand milk
1/3 c. lemon juice
1 tsp. vanilla
1 can pie filling (any flavor)
1 graham cracker crust

Beat cheese till fluffy. Add milk and blend well. Stir in lemon juice and vanilla. Pour into pie crust. Chill 3 hours. Add topping when ready to serve.

Kathy Mach

Cheese Cake

1 stick margarine (melted) 3 eggs
1 box yellow cake mix 1 tsp. vanilla
1 box powdered sugar
8 oz. cream cheese
(cont'd)

Combine margarine, cake mix, and 1 egg. Pour batter into greased 9" x 13" pan. Combine sugar, cream cheese, vanilla, and 2 eggs and pour over batter. Bake at 350 for 40 minutes or until crunchy around edges. Cool and cut into squares.

Karen McCutchen

Cheese Cake

1 stick margarine	4 eggs
(melted)	1 c. pecans
1 box powdered sugar	(chopped)
1 box yellow cake	
8 oz. cream cheese	
(room temperature)	

Preheat oven to 350. Combine margarine, cake mix, and 1 egg. Mix well and pat mixture into greased 13" x 9" pan. Sprinkle pecans over cake. Combine cream cheese, sugar, and 3 eggs. Mix well and spread over pecans. Lower oven temperature to 325. Bake for 20-30 minutes. Cool and cut into squares.

Lisa McCormick

Cheese Cake

1 box yellow cake mix	1 egg, beaten
1 stick melted marg.	

Mix above ingredients and press into 9" x 13" pan.

Topping:

8 oz. softened cream cheese	3 eggs
1 box confectioners sugar	(cont'd)

Mix together well and pour over batter. Bake at 350 for 30 to 35 min. Cool and slice.

Julian Brown

Chocolate Cake

3 c. flour (self-rising)	1/2 c. Crisco
1/2 c. cocoa	3 c. sugar
2 tsp. vanilla extract	5 eggs
2 sticks margarine/butter	1 c. milk

Icing:

1 box powdered sugar	1/2 c. cocoa
3 or 4 tbs. milk	1 stick butter

Cream butter, Crisco, and sugar. Add eggs, one at a time. Mix in flour. Add vanilla extract and milk. Bake 1 hour and 15 minutes at 325.

Icing:

Cream butter and cocoa. Mix in powdered sugar. Add 3 or 4 tbs. milk. If too thick add milk 1 tbs. at a time for desired consistency.

Willis Carter

Chocolate Cookie Sheet Cake

3 eggs (beaten)	2 c. flour
1 tsp. vanilla	2 c. sugar
1 stick oleo	1/2 tsp. salt
1/2 c. sweet milk	1 c. water
1/2 c. shortening	3 tbs. cocoa

Combine flour, sugar, and salt in a bowl. Put oleo, water, shortening, and cocoa in (cont'd)

a pan; bring to a boil. Pour over flour mixture. In another bowl, beat eggs and add milk and vanilla. Stir well and add to other mixture. Mix everything well; bake in greased floured oblong pan 40 minutes at 350.

Icing:

Start about 5 minutes before cake gets done. Melt 1 stick oleo and add 3 tsp. cocoa. Add 1 box of confectioners sugar, 6 tsp. milk, and 1 tsp. vanilla. Add 1/2 cup nuts. Stir well and spread on cake while still hot. Cut into squares. Serves 12.

Donnell Parker
Retiree

Chocolate Peanut Butter Cake

1 chocolate "Super Moist" cake mix
2-1/2 c. peanut butter
chocolate frosting.

Prepare cake mix as directed. Place peanut butter in a sauce pan and heat until smooth. Place cake mix in pans and then marble peanut butter through cake. When cake is cooled, frost but put peanut butter between layers instead of frosting. Enjoy!

Dick & Cathy Corbett

Cream Cheese Cake

3 sticks margarine	6 eggs
(cont'd)	

1 tsp. vanilla 3 c. sugar
 3 c. plain flour
 1 8 oz. pkg. cream cheese (softened)

Soften and mix cream cheese and margarine. Stir in sugar, eggs, flour, and vanilla. Blend and bake in a tube or bundt pan for 1 hour and 30 minutes at 300.

Callie Gamble

Cream Cheese Pound Cake

3 sticks butter or oleo 3 c. sugar
 8 oz. cream cheese 6 large eggs
 2 tsp. rum or almond flavoring
 3 c. sifted, plain flour

Cream together butter, cream cheese, and sugar. Alternate adding flour and eggs. Start and end with flour. Add flavoring. Cook in bundt pan for 1 hour and 20 minutes. Cool slowly and serve plain.

Grandma McCoy

Devil's Food Cake

1/2 c. buttermilk 2 c. flour
 1-1/2 tsp. soda 1/2 tsp. salt
 3/4 c. boiling water 1/3 c. cocoa
 2 eggs (unbeaten) 1/3 c. oil
 1 tsp. vanilla 1-1/2 c. sugar
 1-1/2 tsp. red food 1/2 c. butter
 coloring

Sift flour, salt, and cocoa together and (cont'd)

set aside. Slowly add sugar to butter, creaming well. Beat in eggs, one at a time. Add vanilla, food coloring, and oil. Add dry ingredients and buttermilk, alternately in small amounts, beating smooth after each addition. Stir soda into boiling water and mix smooth. Pour the thin batter into greased and floured pans and bake at 350 for 30-35 minutes.

Kathy Mach

Dirt Cake

2 lg. bags Oreo cookies 1/4 c. butter
 8 oz. cream cheese 3 1/2 c. milk
 1 lg. Cool Whip 1/2 c. sugar
 2 lg. boxes Jello (powdered)
 Vanilla Pudding

Crush cookies - dry. Set aside. Mix butter, sugar, and cream cheese. Set aside. Mix pudding and Cool Whip. Mix pudding mixture and butter mixture together. Layer in clean clay flower pot with cookies on top. (May put artificial flower in.)

Sammie Glover

Five-Flavor Pound Cake

3 c. all-purpose flour 1/2 lb. butter
 1/2 tsp. baking powder 1/2 c. Crisco
 1 tsp. coconut flavor 3 c. sugar
 1 tsp. vanilla flavor 5 eggs
 1 tsp. rum flavor 1 c. milk
 1 tsp. lemon extract
 (cont'd)

1 tsp. vanilla butter and nut flavor

Icing:

1/2 c. sugar
1 tsp. each of above flavors

1/2 c. water

Cream butter, Crisco, and sugar until light and fluffy on medium. Add eggs one at a time while beating. Beat fast for 1 minute. Sift flour and baking powder together. Add milk in thirds; start and end with flour. Put in 5 flavorings and continue to beat for 5 minutes. Grease and flour large bundt or angel food cake pan. Pour in batter and bake at 325 for 1 hour and 15 minutes. Remove cake from pan immediately and place on foil or wax paper.

Mrs. Carl Jenkins

Fruit Upside Down Cake

1 box cake mix (any kind)
1 qt. can of peaches with juice and all or any other fruit.

Pour peaches in cake pan. Put cake mix over fruit. Slice 1/4 lb. butter and place on top of cake mix. Cook in oven for 30 to 40 minutes at 350.

Sandy Aldridge

German Chocolate Upside Down Cake

1 c. pecans (chopped)
8 oz. cream cheese
(cont'd)

1 c. coconut
1 box sugar

1 stick margarine (melted) (powdered)
1 box German Chocolate Cake Mix

Grease a 9" x 13" x 2" pan. Sprinkle chopped pecans and coconut in bottom of pan. Mix cake mix according to box directions. Pour cake batter over pecans and coconut. Blend margarine, sugar, and cream cheese. Gently smooth over cake mix. Bake at 350 for 30 to 40 minutes.

Anne Burgess

Italian Creme Cake

1/2 c. vegetable oil
1 c. buttermilk
1 tsp. vanilla
1 c. nuts (chopped)
1 small can flake coconut
5 egg whites, stiffly beaten

1 stick oleo
2 c. sugar
5 egg yolks
2 c. flour
1 tsp. soda

Frosting:

8 oz. cream cheese, soft
1 box confectioner sugar
1/2 c. pecans (chopped)

1 tsp. vanilla
1/2 stick oleo

Cream oleo and shortening. Add sugar and beat until mixture is smooth. Add egg yolks and beat well. Combine flour and soda and add to creamed mixture alternately with buttermilk. Stir in vanilla. Add coconut and chopped nuts. Fold in stiffly beaten egg whites. Bake in 3 greased and floured 8 or 9 inch pans at 350 for 25 minutes or until done. When cool, frost with frosting. Serves 16. May also be baked in 9" x 13" (cont'd)

pan for 45 minutes or until sides break loose from pan at 350. Cool before removing.

Shirley Washington

Mississippi Mud Cake

3 tsp. vanilla	2 c. sugar
1 pkg. marshmallows	4 eggs
1 c. shortening	1/3 c. cocoa
1-1/2 c. flour	1 c. nuts
1-1/4 tsp. salt	

Icing:

1-1/2 sticks oleo	1/3 c. cocoa
1/2 c. evaporated milk	1 c. nuts
1 box confectioner sugar	1 tsp. vanilla

Cream shortening and sugar. Add eggs, one at a time and beat well. Sift flour, cocoa, and salt; add to mix. Add vanilla, and nuts, and pour into long pan. Bake at 300 for 30 minutes. Remove and add marshmallows; return to oven for 10 minutes. Let cake cool before icing.

Icing:

Mix sugar and cocoa. Add melted oleo, milk, vanilla, and nuts.

Steve Brown

Mound Cake

20 lg. marshmallows	1 c. milk
14 oz. coconut	1/2 c. sugar
1 pkg. Devil's Food cake mix	

(cont'd)

Fudge Icing:

1/2 stick butter	1/2 c. milk
14 oz. chocolate	

Mix and bake cake mix as directed in two 8" round pans. Split layers. Cook in heavy sauce pan 1 c. milk, 20 marshmallows, and 1/2 c. sugar until marshmallows melt. Add coconut and spread between layers.

Icing:

Cook 1/2 c. sugar, 1/2 c. milk, and 14 oz. chocolate morsels. When melted add butter. Let cool some before pouring over cake.

Darlene Nabors Witt

Peanut Butter Cake

1 tsp. baking soda	1/4 tsp. salt
1/2 tsp. baking powder	2 eggs
1/2 c. butter (softened)	1-1/2 c. milk
1 tsp. vanilla extract	1-1/4 c. sugar
3/4 c. coconut, toasted	
(optional)	
2 c. Gold Medal all-purpose flour	
1-1/2 c. Nestle Peanut Butter Morsels,	
(divided)	

Peanut Butter Cream Icing:

1 tsp. vanilla extract	1/8 tsp. salt
3 c. powdered sugar	2 tsp. milk
(sifted)	
1 c. Nestle Peanut Butter Morsels	
8 oz. cream cheese, softened	

Preheat oven to 350. Melt over hot (not (cont'd))

boiling) water, 1/2 c. morsels; stir until smooth. Set aside. In small bowl, mix flour, baking soda, baking powder, and salt; set aside. In large bowl, combine butter and sugar; beat until creamy. Mix in morsels. Beat in eggs and vanilla extract. Alternately mix in flour and milk. Pour into 2 greased and floured 8" round cake pans. Bake until crust is golden brown, 25 to 40 minutes; cool 10 minutes. Remove from pans; cool cake completely. Fill layers. Frost top and side of cake with frosting. Garnish with coconut, if desired.

Icing:

Melt morsels over hot (not boiling) water; stir until smooth. In large bowl, mix melted morsels, cream cheese, vanilla Extract, and salt; beat well. Mix in powdered sugar alternately with milk until mixture is smooth.

Margie Watson

Pecan Cake

1 lb. pure butter	2 c. sugar
4 c. self-rising flour	6 eggs
1/4 lb. candied cherries	2 tsp. vanilla
1/4 lb. candied pineapples	
1 lb. shelled pecans	

Cream butter and sugar. Add beaten eggs and 3 c. flour. Mix remaining flour with cherries, pineapples, and pecans. Stir mixture into batter and add vanilla. Pour into well-greased tube pan. Bake at 250 for 3 hours. Allow to cool in pan.

Edith Hensley

Pina Colada Cake

8 oz. crushed pineapples	4 eggs
1 pkg. yellow pudding	1/2 c. yogurt
cake mix	
1/2 c. cream of coconut	
1/3 c. each salad oil and water	

Syrup: 1/4 c. sugar, water, and rum each

Glaze:

1/4 c. cream of coconut
3 oz. cream cheese

Preheat oven to 350. Grease and flour bundt pan. Drain pineapples and put in bottom of pan. In large bowl combine remaining cake ingredients. Blend on low speed then medium for 3 minutes. Bake about 55 minutes.

Syrup:

Mix sugar and water, boil for 2 minutes, stir in rum. Remove from heat and poke holes about 1 inch apart in baked cake with fork. Pour syrup slowly over cake. Cool in pan for 30 minutes, then put out on wire rack to cool.

Glaze:

Beat cream cheese and cream of coconut until smooth. Spoon over cooled cake. Makes 12 to 16 servings.

Sharon Rivers

Pluck It Cake

3/4 c. sugar
(cont'd)

Syrup:

- | | |
|--|--------------|
| 3 tsp. cinnamon | 1 c. sugar |
| 1 stick margarine | 1 tsp. sugar |
| 3 cans flaky biscuits
(cut into 1/4 pieces) | 2 tsp. water |

Use 3/4 c. sugar and cinnamon to coat biscuits made in a bundt pan. (I spray mine with a good amount of Pam.) After biscuits are coated, put 1/2 of the syrup over biscuits. Put remaining biscuits in pan and pour remaining syrup over them. Bake 35-40 minutes at 350.

Dale Weaver

Pumpkin Cake

- | | |
|------------------------|---------------|
| 1 c. cooking oil | 2 c. sugar |
| 2 c. self-rising flour | 4 eggs |
| 1 tsp. baking powder | 2 tsp. soda |
| 1 tsp. cinnamon | 2 c. pumpkin |
| 1 c. chopped nuts | 1/2 tsp. salt |

Icing:

- | | |
|----------------------|----------------|
| 1 box powdered sugar | 1 tsp. vanilla |
| 8 oz. cream cheese | 1 stick butter |

Mix sugar, eggs and oil well. Add dry ingredients sifted together. Beat 3 minutes at regular speed. Add pumpkin and pour into tube or bundt pan. Bake at 350 for 40-45 minutes.

Icing:

Blend butter and cream cheese until smooth; add powdered sugar and mix.

Ed and Renee Allred

Punch Bowl Cake

Either a baked cake or Angel Food Cake torn into pieces.

- 1 lg. box vanilla pudding (mixed per box directions)
- 1 medium can pineapple (crushed)
- 1 can cherry pie filling
- 1 lg. Cool Whip

Layer the above ingredients in that order until bowl is full. Sprinkle with nuts and garnish with cherries if desired.

Sammie Glover

Punch Bowl Cake

- 1 yellow cake mix or Angel Food mix
- 2 cans of strawberry pie filling
- 1 lg. Cool Whip
- 2 small boxes of instant french vanilla pudding

Bake the cake mix by directions on box. Cool. Break cake into little hunks. Lay 1/3 on bottom of punch bowl. Spread 1/3 of strawberry pie filling on pudding (you can at this point slice up bananas and lay on top of pie filling). Spread Cool Whip. Continue layering until all ingredients are used. Makes a huge dessert.

Juanna Carter

Red Velvet Cake

3 oz. red food color	3/4 c. Crisco
1-1/2 c. buttermilk	2-1/4 c. sugar
3-1/4 c. flour (plain)	3 eggs
1-1/2 tsp. vinegar	1/2 tsp. soda
1-1/2 tsp. cocoa	
1-1/2 tsp. salt	

Frosting:

1 stick softened oleo	1 tsp. vanilla
1 box confectioners sugar (sifted)	1 c. nuts (chopped)
8 oz. cream cheese (softened)	

Cream Crisco; add sugar and eggs, one at a time. Beat after each. Add color, salt, sifted flour, and cocoa. Add alternately with milk. Add vanilla; do not beat soda and vinegar. (Sprinkle soda on batter and pour vinegar over it.) Stir well. Bake at 350 for 30-35 minutes. Makes 4 layers.

Frosting:

Mix cheese and oleo together. Add sugar and vanilla. Sprinkle nuts on cake after frosting.

Cam Shelton

Spicy Carrot Cake

1 1/2 c. Wesson oil	2 c. sugar
3 c. grated carrots	2 c. flour
2 tsp. cinnamon	2 tsp. soda
1 tsp. salt	4 eggs

(cont'd)

Filling:

1 box confectioners sugar	1 stick butter
1 c. chopped pecans (optional)	1 tsp. vanilla
8 oz. Philadelphia cream cheese	

Combine dry ingredients and mix well. Add eggs and oil; mix well. Add carrots and beat on medium speed 2 minutes. Grease and flour three 9" cake pans. Heat oven for 10 minutes at 350. Pour equally into 3 pans and bake 25-30 minutes.

Filling:

Beat cream cheese and butter until light and fluffy. Add sugar gradually. Add vanilla and pecans. Put between layers and on top, not on sides.

Robert Singles

Strawberry Cake

1 box white cake mix	4 eggs
1 c. Puritan oil	
1 small box of frozen strawberries - (thawed)	
1 small box of strawberry jello (dry)	

Mix all ingredients together. Bake in tube pan 1 hour at 350. Garnish with confectioner sugar, fudge, or whip cream.

Julia Cheatham

Strawberry Cake

1 pkg. strawberry jello 4 eggs
 2/3 c. Wesson oil
 1 c. drained strawberries
 1 box white cake mix

Topping:

1 c. strawberries 1 stick oleo
 1 box powdered sugar

Sift together cake mix and jello. Mix with oil. Beat in eggs - one at a time. Add strawberries and beat well. Bake at 350 for 25 min.

Sandy Aldridge

Strawberry Yogurt Cake

1/3 c. Puritan oil 3/4 c. water
 1 pkg. Super Moist 3 egg whites
 white cake mix
 10 oz. Cool Whip Light
 2 6 oz. each Yoplait Strawberry Yogurt

Heat oven to 350. Grease and flour 13" x 9" x 2" inch pan. Beat cake, mix water, oil, egg whites, and 1 container of yogurt on low speed 30 seconds, then medium speed 2 minutes. Pour into pan. Bake 35-40 minutes or until cake springs back. Cool completely. Fold 1 container yogurt into whipped topping. Spread over cake. Garnish with strawberries if desired. Refrigerate any remaining.

Pentastar Accounting

Toll House Crumb Cake

1/2 c. butter, softened 2 c. flour
 1 c. sour cream 1 c. sugar
 1 tsp. vanilla 3 eggs

Topping:

2 tsp. butter (softened) 1 tsp. flour
 1/2 c. chopped nuts
 12 oz. Toll House mini-morsels
 1/2 c. firmly packed brown sugar

In large bowl, combine butter, sugar, and vanilla; mix well. Add eggs, one at a time, beating well after each addition. Gradually add flour, alternately with sour cream. Fold in remaining mini-morsels. Spread into greased 13" x 9" x 2" inch pan. Sprinkle topping evenly over batter bake 45-50 minutes at 350.

Topping:

Preheat oven to 350. In small bowl, combine flour, brown sugar, and butter; mix well. Stir in nuts and 1/2 c. mini-morsels.

Donna Lang

Apricot Nectar Cake

1 yellow cake mix 3/4 c. oil
 1/2 c. sugar 4 eggs
 1 c. apricot or peach nectar juice

Mix first four ingredients; stir in eggs one at a time. Bake in tube pan or 13" x 9" pan for about 1 hour at 350 for about 35 min. While cake is baking, mix 1 c. (cont'd)

powdered sugar, 1/2 c. apricot or peach nectar, and juice of one lemon. While cake is hot, prick with tester or use eye dropper or baster to get above mixture into hot cake.

Betty Rose

Carrot Cake

Cake:

2 c. sugar	2 tsp. cinnamon
1-1/2 c. carrots,	1/8 tsp. salt
grated	1-1/2 tsp. nutmeg
4 eggs, separated	1-1/2 c. Wesson oil
2-1/2 c. cake flour	2/3 c. chopped nuts
1-1/2 tsp. soda	

Beat egg yolks and sugar. Add cooking oil and sifted dry ingredients, water and nuts; beat well. Fold in stiffly beaten egg whites. Pour in bundt pan. Cook 30 min. at 350.

Icing:

1 8 oz. pkg. cream	1 box powdered sugar
cheese	1 stick butter
1 tsp. vanilla	

Soften cream sheese and butter. Add sugar gradually. Beat until fluffy. Add nuts.

Ed & Renee Allred

Chocolate Torte

1 stick margarine	1 1/2 c. flour
3/4 c. pecans (chopped)	1 tsp. sugar

(cont'd)

8 oz. cream cheese	1 c. 10x sugar
1 c. lg. Cool Whip	3 c. milk
2 sm. instant chocolate pudding	

Cut margarine into flour and sugar until it resembles cornmeal. Add chopped pecans. Press into 9" x 13" cake pan; bake at 350 for 12 to 15 minutes. Remove from oven and cool. Cream 10x sugar and cheese. Add Cool Whip and spread mixture over cooled crust. Prepare pudding mix; spread over cheese layer. Top with Cool Whip. Refrigerate for several hours before serving.

Stella Christianson

Chocolate Torte

I. Bottom Layer

1-1/2 sticks butter	1-1/2 c.
flour	
(melted)	3 tsp. sugar
1 c. pecans (chopped)	

II. Middle Layer

1 c. powdered sugar	1 c. Cool Whip
8 oz. cream cheese	

III. Top Layer

1/2 tsp. vanilla	1 tsp. butter
2 sm. pkgs. chocolate	3 c. milk
pudding mix (cooked)	

I. Mix together. Press onto 8 1/2" x 11" glass cake pan. Bake at 350 for 15 min. Cool.

II. Mix together and spread onto cooled bottom layer.

III. Let pudding cool. Skim off top (cont'd)

layer. Spread onto middle layer. Top with Cool Whip and sprinkle with chopped nuts. (Do not cover.)

Kim La Rock

Icings

Caramel Icing

2 c. brown sugar	2 tsp. butter
1 c. granulated sugar	2/3 c. cream
2 tsp. white corn syrup	

Cook all ingredients over low heat until sugars are dissolved. Cover saucepan for 2 to 3 minutes while syrup boils. Uncover and continue cooking to softball stage (238 degrees). Cool to lukewarm and beat until of spreading consistency.

Mildred Cloninger

Icing

6 tsp. milk	6 tsp. oleo
semi-sweet choc. chips	1-1/2 c. sugar

Boil 1 minute. Add small package of semi sweet chocolate chips and beat. Ice while hot.

Mildred Cloninger

Banana Cookies

1/2 c. shortening	2 eggs
1 c. brown sugar (packed)	2 c. flour
1 c. mashed bananas	1/4 tsp. soda
2 tsp. baking powder	1/4 tsp. salt
1/2 tsp. cinnamon	
1/4 tsp. cloves	
1/2 c. pecans or walnuts (chopped)	

Glaze:

1/3 c. soft butter
3 c. confectioner sugar
1/2 tsp. grated lemon peel
2 tsp. lemon juice
Mix shortening, sugar, eggs, and banana. Stir in remaining ingredients. Cover and chill about 1 hour. Heat oven to 375. Drop dough by rounded teaspoons about 2" apart onto lightly greased cookie sheet. Bake 8-10 minutes. Frost with lemon butter glaze (optional).

Terri Tanner

Brownies Delight

1/2 tsp. baking powder	1/2 c. oil
2 eggs beaten	2 tsp. cocoa
1 tsp. vanilla	1 c. flour
1/2 c. nuts	1 tsp. salt
1 c. sugar	powdered sugar

Do not use beaters! Mix cocoa and oil together until well blended. Mix all remaining ingredients together in separate bowl. Gradually add cocoa mixture. Pour into greased and floured 9" square pan. Bake at 350 for 10-15 min. Remove from oven and sprinkle with powdered sugar.

Karen McCutchen

Buttermilk Pralines

1 c. buttermilk	3 c. sugar
2 tsp. butter	1 tsp. soda
2 c. pecan halves	1/8 tsp. salt
3/4 c. light corn syrup	

Combine all ingredients except pecans. Cook to softball stage. Add pecans. Beat until mixture loses gloss. Drop onto waxed paper.

David Hawkins

Cashew SquaresCrust:

3 c. sifted flour
1-1/4 stick butter
1 c. sifted confectioner sugar

Topping:

3/4 c. brown sugar	3/4 c. honey
1 stick butter	1 can cashews
2 tsp. whipping cream	(salted)

Crust:

Put all ingredients in food processor. Process until butter is in small chunks. Press into greased baking pan. Cook on 350 for 15 minutes or until golden brown.

Topping:

Melt butter, brown sugar, honey, nuts and whipping cream. Spread over crust and bake for 10 minutes on 350 or until bubbly. Let cool. Cut into small squares.

T. J. Balturasitis

Chess Bars

8 oz. cream cheese	2 eggs
1 box yellow cake mix	1 stick of
1 box confectioner sugar	margarine

Mix cake mix, soft butter, and 1 egg. Pat flat in 9" x 13" pan. Mix sugar, 1 egg, and cream cheese. Pour over dry mixture. Bake for 30 minutes at 350.

Diane Gilley

Chocolate Brownies

1 stick oleo	1 c. sugar
1/2 tsp. vanilla	4 eggs
1 can Hershey Chocolate Syrup	1 c. flour

Cream sugar and oleo. Add all other ingredients. Bake at 350 for 25-30 minutes in greased and floured 15-1/2" x 10-1/2" pan.

Mildred Cloninger

Blonde Brownies

1 c. sifted flour	1/8 tsp. soda
1 c. chopped nuts	1/2 tsp. salt
1 egg slightly beaten	1 tsp. vanilla
1/3 c. butter or shortening	
1 c. firmly packed brown sugar	
1/2 pkg. semi-sweet chocolate chips	
1/2 tsp. baking powder	

(cont'd)

Sift flour; add baking powder, soda, and salt, and sift again. Add nuts and melt shortening in saucepan. Remove from heat and mix in sugar. Add 1 tsp. hot water if vegetable shortening is used; stir everything well. Spread in a greased 9" x 9" x 2" pan. Sprinkle chips over top. Bake at 350 for 25 minutes. Cool and cut into bars.

Dick & Cathy Corbett

Nona's Old Fashioned Brownies

2 c. butter	3 c. sugar
1-1/4 tsp. vanilla flavor	1-1/4 c. eggs
3 c. plain flour	1-3/4 c. cocoa
1 tbs. salt	3 c. pecans

Leave items out at room temperature for 30 minutes.

Cream butter; add sugar, vanilla, and eggs. Sift flour, salt, and cocoa together. Mix with cream mixture by hand or electric mixer. Add nuts. Pour on greased baking sheet. Spread out on sheet. Bake at 350 for 20 minutes. When risen, shake pan. It will go down. Place back in oven for 5 minutes. Remove. Let cool and cut in squares.

Norma Reeves

Brownies

2 c. self-rising flour	2 c. sugar
1 tsp. vanilla	3 eggs
1/2 c. nuts	1/2 c. cocoa
2 sticks butter (melted)	(cont'd)

Brownie Icing ingredients:

1 tsp. vanilla	4 tsp. cocoa
1 stick butter	

Mix all brownie ingredients and pour into a 9" x 13" inch greased pan. Bake at 300 for 45 minutes. These brownies will appear to rise and then fall but this is how the recipe works. This makes the brownies very chewy.

Icing:

Melt butter, then add cocoa and milk. Bring to a boil; add vanilla. Remove from heat quickly. Add sifted confectioners sugar and quickly mix until smooth. Pour over brownies while hot.

Eva Smith

Chocolate Fudge

2 sticks oleo	5 c. sugar
1 lg. Pet milk	2 c. pecans
1 tsp. vanilla	(chopped)
1 pt. marshmallow cream	
2 pkgs. chocolate chips (12 oz.)	

In medium pan bring sugar, oleo, and milk to a boil for 9 minutes. In large bowl mix 2 pkgs. of chips and marshmallow cream. Pour sugar mixture over chips and cream mix until fluffy. When slightly cool, add vanilla and pecans. Stir well. Pour into two 9" x 13" dishes sprayed lightly with Pam. Refrigerate overnight. Cut into 1" squares.

Byron & Jean McClendon

Coconut Macaroons

1/2 tsp. almond extract	1/3 c. sugar
candied cherry halves	2 egg whites
1/8 tsp. salt	3 tsp. flour
1 1/3 c. Bakers Angel Flake coconut	

Combine coconut, sugar, flour, and salt in a bowl. Stir in egg whites and almond extract; mix well. Drop from tsp. onto lightly greased baking sheets. Add cherry halves. Bake at 325 for 20-25 min. or until edges are golden. Remove from sheets immediately. Makes about 1 1/2 dozen.

Randy Ruple

Cream Puffs

1 c. plain flour	1 c. water
1 stick real butter	

Let water come to boil. Add butter, then add flour. Stir real fast. When dough cools, add 4 eggs and beat until creamy-looking. Spoon by tsp. onto an oiled cookie sheet. Bake at 350 until lightly browned. Using an icing bag, fill with instant vanilla or chocolate pudding (mixed according to directions on box). Sprinkle with powdered sugar.

Anne Burgess

Crunchy Double Chip Cookies

1 tsp. baking powder	1 c. sugar
1/2 tsp. baking soda	1/4 tsp. salt
1 c. margarine or butter (softened) (cont'd)	2 eggs

1/2 tsp. vanilla
1 3/4 c. all-purpose flour
8 c. Kellogg Corn Flakes crushed to 5 c.
1/2 c. milk chocolate morsels
1/2 c. peanut butter morsels

Stir together flour, salt, baking powder, and soda; set aside. In large bowl, beat together sugar and margarine until light and fluffy. Add eggs and vanilla; beat well. Stir in dry ingredients, mixing until thoroughly combined. Add 2 c. corn flakes, chocolate, and peanut butter morsels. Drop by slightly rounded tsp. into remaining crushed cereal, coating dough completely. Place about 2" apart on slightly greased baking sheet. Bake in oven at 350 about 15 minutes or until golden brown. Makes 36 cookies.

Gwendolyn Lacy

Dish Pan Cookies

* 1 box brown sugar	2 c. sugar
2 3/4 c. flour	4 c. coconut
1-1/2 c. chopped pecans	
4 c. corn flakes	
** 2 tsp. baking soda	4 eggs
2 tsp. baking powder	1 tsp. salt
2 c. liquid shortening	2 tsp. vanilla

* Mix together, crunching up corn flakes.
** Mix together. Add to first mixture of dry ingredients. (You may want to use your hands to get everything mixed thoroughly). Let sit for 1 hour so that liquid ingredients will absorb into the (cont'd)

dry ingredients. Use a rounded tsp. and roll into a ball. Bake at 315 for 8 min. Should come out chewy. Makes around 100 cookies. Freezes well.

Kim La Rock

Graham Cracker Cookies

20 whole graham crackers 1/2 c. sugar
1 stick real butter 1 stick oleo
1 c. pecans (chopped fine)

Place butter, oleo, and sugar in a small saucepan and boil 3 minutes, stirring occasionally. Line a jelly roll pan with crackers. Add pecans to hot mixture and spoon over graham crackers. Bake 12 minutes at 350. Remove from pan before cool and cut graham crackers along lines to separate. Makes 80 cookies.

Byron & Jean McClendon

Jello Cookies

1 c. pecans(chopped) 2 c. coconut
3 boxes jello (any flavor)
1 can Eagle Brand milk

Mix all ingredients except one box jello. Chill in refrigerator for 2 hours. Roll into balls; roll balls in the reserved jello. Freeze well or can be stored in an airtight container. Use red and green jello for Christmas, pastels for Easter.

Jean Lowe

Magic Cookie Bars

1-1/3 c. flake coconut 1 c. nuts
1/2 c. margarine (chopped)
16 oz. pkg. semi-sweet chocolate morsels
14 oz. can Eagle Brand milk
1-1/2 c. graham cracker crumbs

Heat oven to 350. Melt margarine in 13" x 9" pan. Remove from oven. Sprinkle cracker crumbs evenly over margarine. Pour Eagle Brand milk evenly over crumbs. Top with remaining ingredients. Press firmly down. Bake 25-30 mins. Let cool. Cut into squares.

Willis Carter

Microwave Fudge

1 stick butter 1/4 c. milk
1 tsp. vanilla 1/2 c. pecans
1/2 c. cocoa (chopped)
1 lb. confectioners sugar

Put first 4 ingredients in microwave safe mixing bowl. Microwave on high for 3 minutes, or until butter is melted. Add vanilla. Beat until well blended. Add pecans. Pour onto buttered platter. Refrigerate for 1 hour.

Jean Lowe

Nutty Haystacks

1 tsp. peanut butter
6 oz. pkg. butterscotch morsels
1 can chow mein noodles
1 c. roasted peanuts (cont'd)

Melt first 2 ingredients together in heavy saucepan over low heat. Mix in noodles and peanuts until all ingredients are well moistened. Form little clusters on foil or wax paper and allow to harden.

Donny Smith

Oatmeal Cookies

1 c. brown sugar	1 c. sugar
1 c. shortening	1 tsp. salt
2 beaten eggs	1 tsp. vanilla
1 tsp. baking soda	3 c. oatmeal
1-1/2 c. sifted plain flour	
1 c. chopped nuts	

Cream shortening, sugars, and salt together. Mix in eggs and vanilla well. Slowly add flour and baking soda. Mix in nuts and oatmeal. Bake at 350 for 10 minutes.

Howard Piner

Peanut Butter Blossoms

1-3/4 c. plain flour	1 tsp. soda
1/2 c. shortening	1/2 tsp. salt
1/2 c. peanut butter	1/2 c. sugar
48 chocolate chips	1 egg
1 tsp. vanilla	2 tsp. milk
1/2 c. brown sugar (firmly packed)	

Combine all ingredients in a large bowl. Mix on lowest speed until dough forms. Shape dough into balls using a rounded tsp. and roll in sugar. Put on ungreased cookie sheet. Bake at 375 for (cont'd)

10-12 mins. Remove from oven and top each cookie immediately with a chocolate kiss. Press so cookie cracks around edge.

Jean Lowe

Easy Peanut Butter Cookies

1 c. crunchy peanut butter	2 egg whites
2 tsp. almond extract	1 c. sugar

Beat egg whites stiff. Fold in peanut butter, sugar, and almond extract. Drop by spoonfuls onto greased cookie sheet. Bake at 350 for 15 minutes.

Pentastar Accounting

Pecan Millionaires

16 oz. pkg. caramels	4 c. pecan (pieces)
4 tsp. evaporated milk	
1/3 block paraffin	
6-7 blocks chocolate bark	

Melt caramels in a little water in microwave or use heavy saucepan on low heat. Either way watch closely; they burn easily. After melted, add milk and stir until smooth; mix in pecans. Spread onto buttered cookie sheet. Using wax paper, press mixture to a 1/4 to 1/2 inch thickness. Remove paper carefully and freeze for 30 minutes. Just before the time is up, melt bark in microwave or top of double boiler and mix with melted paraffin. Remove caramel mixture and cut (cont'd)

1 box dry cake mix (plain yellow)
 2 sticks butter (melted)
 1 c. crushed pecans

Put ingredients in layer as given above with pineapples on the bottom in a 9" x 13" x 2" pan. Bake at 350 for 1 hour.
 *Any kind of pie filling will do.

Darlene Witt

Chocolate Pie

1 c. sugar	1 tsp. vanilla
1/4 c. cocoa	2 tsp. butter
1/3 c. flour	3 eggs
1 pie shell, cooked brown	2-1/4 c. milk

Mix first 3 ingredients together until smooth. Separate eggs and beat yolks with 1/4 milk until smooth. Mix first mixture to make a paste. Then mix in the rest of milk. Cook on medium heat until thickened and bubbly, stirring constantly to prevent sticking. Add butter and vanilla. Mix until butter is melted and pour into cooked pie shell. Beat egg whites with 2 tsp. sugar until stiff peaks form and spread on top of pie. Let top brown in oven. Cool and serve.

Ross Waters

Chocolate Pie

2 c. milk	4 egg yolks
1/3 c. flour	1 tsp. vanilla
2/3 c. sugar	2 tsp. oleo
pinch of salt	(cont'd)

3 level tsp. cocoa

Mix first 5 ingredients and beaten egg yolks into pot and cook slowly, stirring constantly until it thickens. When thick, add vanilla and oleo. Turn eye off and continue to stir until oleo is melted. Pour into baked pie shell and top with margarine or whipped topping.

Charlotte Crunk

Creamy Lemon Meringue Pie

3 eggs separated	1/3 c. sugar
14 oz. Eagle Brand milk	1/2 c. lemon
1/4 tsp. cream of tartar	concentrate
1 graham cracker crumb crust, or	
1 (8 or 9 inch) baked pastry shell cooled	
few drops of yellow food color (optional)	

Heat oven to 350. In medium bowl, beat egg yolks; stir in Eagle Brand milk, lemon concentrate and color. Pour into ready crust. In small bowl, beat egg whites with cream of tartar until soft pearls form. Slowly add sugar and beat until stiff, not dry. Spread meringue on top of pie, to edge of shell. Bake 12 minutes or until meringue is brown. Chill.

Norma Reeves

Crepe Fruit Sauce

1 bottle Melba sauce	sugar
strawberry, cherry, or raspberry fruit	
(fresh or frozen)	
(cont'd)	

coconut on buttered crust. Combine all ingredients and pour over coconut. Bake at 375 until center is set.

Cindy Hill

Buttermilk Jello

- * 1 can crushed pineapples
- 1 lg. box strawberry jello
- ** 1 sm. box Cool Whip
- 2 c. buttermilk

* Boil together until jello is well dissolved; cool.

** Add buttermilk and Cool Whip. Beat together thoroughly. Refrigerate until it sets firm.

Kim La Rock

Cheesecake Pie

- 8 oz. cream cheese
- 1 (6 oz.) graham cracker pie crust
- 3-1/2 (8 oz.) Cool Whip (thawed)
- 1/2 c. sugar
- 2 tsp. vanilla
- fresh fruit

Beat cheese, sugar, and vanilla until smooth. Fold in whipped topping. Spoon into crust. Chill 4 hours. Put fruit on top.

Diane Gilley

Cheesecake Royal

- 3 tsp. margarine (melted)
 - 3 8 oz. pkgs. cream cheese
 - 3 tsp. sugar
 - 3/4 c. sugar
- (cont'd)

- 1/2 tsp. almond flavoring
- 1/4 tsp. lemon juice
- 1 c. sour cream
- 1 c. graham cracker crumbs
- topping (optional)
- 2 tsp. flour
- 2 tsp. vanilla
- 3 eggs

Combine crumbs, sugar, and margarine; Press onto bottom of 9" round pan. Bake at 325 for 10 minutes. Mix cream cheese, sugar, flour, vanilla, almond flavoring, and lemon juice at medium speed until well blended. Add eggs one at a time, mixing well after each addition. Blend in sour cream. Pour over crust and bake at 325 for 55 minutes. Remove from oven. Cool and top with desired pie topping: cherries or blueberries.

Karen McCutchen

Chess Pie

- 1/2 c. butter (melted)
- 1/2 tsp. vanilla extract
- 1 tsp. vinegar
- 1-1/2 c. sugar
- 1 tbs. plus 1 tsp. cornmeal
- 3 eggs beaten
- 1 unbaked 8" pie shell

Combine first 5 ingredients. Mix well. Add eggs and mix well again. Pour into pie shell and bake at 350 for 50-55 minutes.

Bebe Packard

Cherry Crunch

- 1 lg. can crushed pineapples
 - 1 lg. can cherry pie filling*
- (cont'd)

Mix sugar, cocoa, milk, and oleo together in saucepan. Boil 2 minutes. Remove from heat; add oats (uncooked), peanut butter, and nuts. Drop on wax paper to cool. If crunchy peanut butter is used nuts may be omitted.

Pat Ham

Applesauce Squares

3 c. sifted flour 1-1/2 c. sugar
2-1/2 tsp. baking powder 1/2 c. butter
applesauce

Cut butter into flour mixture until crumbly. Add 2 well-beaten eggs. Mix well and pat 2/3 mixture into 9" x 13" pan. Add 1-1/2 to 2-1/2 c. applesauce. Sprinkle with cinnamon and dot with butter. Add rest of mixture. Bake for 40-45 minutes at 350. I use Chuneley Applesauce.

Dick & Cathy Corbett

Black Forest Pie

3-1/2 c. (8oz.) thawed Cool Whip
1 c. cherry pie filling
1 Keebler Ready-Crust Graham Cracker pie crust
1 c. cold milk
1 pkg. Jello chocolate flavor instant pudding and pie filling

Spread 1 c. of Cool Whip on bottom of pie crust. Combine milk and pudding mix in (cont'd)

medium bowl. Blend with wire whisk or electric mixer (low speed) for 1 minute. Fold in 1-1/2 c. whipped topping. Spread over topping in crust. Spread remaining topping over top, leaving a 1" border and forming a hole in center of whipped topping. Spoon cherry pie filling in the center. Chill 2 hours. Garnish with melted chocolate, if desired.

Anita Burgess

Pineapple Ice Box Pie

3 tsp. lemon juice
2 graham cracker crusts
1 can sweet condensed milk
1 lg. can crushed pineapple, drained
1 lg. carton frozen whipped topping
1 c. nuts (chopped)

Mix milk and lemon juice. Add pineapple, nuts, and whipped topping and mix well. Pour in graham cracker pie crusts and chill for 2 to 3 hours before serving. Garnish with pineapple bits if desired.

Pentastar Accounting

Buttermilk Coconut Pie

pastry for 1 lg. pie	softened butter
4 eggs, beaten	2 c. sugar
1/4 lb. butter (melted)	2 tsp. flour
1/3 c. buttermilk	1 tsp. vanilla
1 can Angel Flake Coconut	

Line pie pan with pastry. Spread softened butter over crust. Spread (cont'd)

heat. Add cereal and stir until well coated. Using buttered spatula or wax paper, press mixture evenly into buttered 13" x 9" x 2" pan. Cut into squares when cool. Makes 24 squares, 2" x 2".

Anita Burgess

Sand Tarts

5 tsp. powdered sugar	1 c. butter
1-1/2 chopped nuts	2 c. flour
2 tsp. vanilla	

Cream butter and sugar. Combine flour, vanilla, and nuts into cream mixture. Form into small balls. Bake on ungreased cookie sheet at 350 for 25 minutes.

Diane Gilley

Skillet Strawberry Cookies

1/2 c. flaked coconut	1/2 c. sugar
4 tsp. butter/margarine	dash salt
1 slightly beaten egg	1 tsp. vanilla
1/2 c. Rice Krispies cereal	
1/2 c. walnuts (chopped)	
8 oz. pitted dates, snipped (1-1/3 c.)	
2 jars fine red sugar crystals	
Green frosting in pastry bag with tip #67	

Mix dates, butter or margarine, coconut, sugar, egg, and salt in skillet. Cook and stir over medium-low heat till mixture thickens and bubbles, 5 minutes. Remove from heat; mix in cereal, walnuts, and vanilla. Cool 10 minutes. For each cookie, use 1 tsp. of date mixture; form into strawberry shapes. (For shaping ease (cont'd))

keep fingers moistened.) Roll each cookie in red sugar. Trim with green frosting leaves. A stem may be added with tip #3. Makes 2-1/2 dozen.

Norma Reeves

Strawberry Pretzels

2 c. mini-marshmallows	2-1/2 c. water
2 3 oz. boxes strawberry jello	(hot)
3/4 c. melted butter	3 tsp. sugar
1/2 c. powdered sugar	8 oz. bowl
8 oz. pkg. cream cheese (softened)	Cool Whip
	2 c. pretzels (crushed)
10 oz. pkg. frozen strawberries (thawed)	

Combine pretzels, sugar, and butter. Mix well and spread in a 9" x 13" glass baking dish to form crust. Bake at 350 for 15 minutes. Let cool. Mix cream cheese and powdered sugar together and beat well. Mix in marshmallows and Cool Whip well. Spread on top of cooled crust and refrigerate. Mix 2 boxes of jello with hot water. Stir till dissolved, add strawberries and mix well. Pour slightly thick jello on top of cold marshmallow mixture. Chill till set up.

Kathy Mach

Uncooked Chocolate Cookies

2-1/2 c. oats	2 c. sugar
1 stick oleo	1/3 c. cocoa
1/2 c. nuts	1/2 c. milk
1/2 c. peanut butter	

(cont'd)

Pour sauce into pan; heat over medium heat. Add fruit, depending on the flavor of the Melba sauce. Sweeten with sugar to taste. Pour in a jar and let cool for several hours. Pour over crepes.

Nikki Rochester

Dessert Crepes Menagere

1 c. flour	1-1/4 c. milk
2 tsp. sugar	Powdered sugar
1/4 tsp. salt	3 eggs
vanilla, rum or brandy	2 egg whites

Sift together first 3 ingredients. Beat well beaten eggs in slowly with a wire whip. Add milk and flavoring. Mix the batter until smooth. Let stand for 2 hours. Use a shallow frying pan; spray with shortening after each crepe. Pour batter into pan; the least amount, the thinner the crepe. Turn it over when brown (less than 1 minute). Heat between medium and high. Brown other side. Sprinkle with powdered sugar and roll the crepe. Sprinkle with more sugar. You may use a fruit sauce to pour over crepes. It takes practice to make thin, even crepes.

Nikki Rochester

Four-Layered Dessert

1) 1 c. self-rising flour	1 stick oleo
1 c. chopped nuts	
2) 8 oz. cream cheese	1 c. powdered

(cont'd)

1/2 lg. Cool Whip	sugar
3) 1 sm. pkg. instant vanilla pudding	2-1/2 c. milk
1 sm. pkg. instant chocolate pudding	

- 1) Spread in dish and bake at 325 until brown, about 25 minutes.
- 2) Mix and spread on above.
- 3) Mix and spread on first 2 layers. Add 1/2 carton Cool Whip on top.

Howard Piner

Georgia Pecan Pie

3 eggs, lightly beaten	3/4 c. sugar
3/4 c. corn syrup	1/4 tsp. salt
2-1/2 tsp. vanilla	1 c. pecan
3 tsp. melted butter	halves
1 unbaked 9" pie shell or pie tart	

Mix eggs and corn syrup; add sugar. Stir in salt and vanilla; mix well. Let stand 5 minutes. Spread pecans evenly on pie shell bottoms or tarts. Mix melted butter into syrup mixture. Pour over pecans, which should rise to top. Bake at 375 until center is firm, 20 minutes.

Sharon Rivers

Lemon Ice Box Pie

15 oz. condensed milk	3 eggs
1 crumb crust	6 tsp. sugar
1/2 c. lemon juice	
1/4 tsp. cream of tartar	

(cont'd)

into squares. Using toothpicks or tongs, dip squares in chocolate and let cool on wax paper. Refrigeration not required.

Regina Chambers

Pina Colada Wedges

2 tsp. rum or 1/2 tsp. rum extract
8-1/4 oz. can crushed pineapple in syrup
2-2/3 c. (7 oz.) Angel Flake Coconut

Mix cream cheese with sugar and rum until smooth. Fold in 2 c. cool whip, 2 c. of coconut, and pineapples. Spread with remaining Cool Whip and sprinkle with remaining coconut. Freeze until firm; 2 hours. Cut into wedges. Garnish with pineapples and cherries if desired.

Jeff Taylor

Pumpkin Cookies

1/2 c. shortening	1 egg
1 c. brown sugar	1/4 tsp. salt
1 c. cooked pumpkin	2 c. flour
1 tsp. baking soda	1 tsp. nutmeg
1 tsp. cinnamon	1 c. raisins
1 tsp. ground cloves	1/2 c. walnuts (chopped)

Heat oven to 350. Grease cookie sheet. Combine shortening and sugar, then add egg and vanilla; beat until fluffy. Beat in pumpkin. Stir together flour, baking soda, salt, cinnamon, nutmeg, and cloves. Add this to pumpkin mixture and mix well. Stir in raisins and walnuts. Drop by spoonfuls 1" apart on cookie sheet and (cont'd)

bake 10 minutes or until lightly browned around the edges.

Spice Glaze:

1 c. confectioners sugar	1/4 tsp. mace
1/4 tsp. cinnamon	2 tsp. water

Mix until smooth and brush on cookies just out of oven!

Robin Lenz

Ranger Cookies

1 c. brown sugar	1 c. butter
1 tsp. baking powder	1 c. sugar
2 c. crushed corn flakes	2 eggs
2 c. oatmeal	2 c. flour
1 c. coconut	1/2 tsp. salt
2 tsp. soda	1 c. nuts
1 tsp. vanilla	

Cream butter and sugar; add eggs, and vanilla; beat. Sift flour, soda, salt, and baking powder together. Add to mixture. Add corn flakes, oatmeal, nuts, and coconut. Mix well. Drop by tsp. on greased cookie sheet. Bake at 400 for 7 to 10 minutes. Do not overbake.

Jean Lowe

Rice Krispies Treats

6 c. Kellogg's Rice Krispies cereal
1/4 c. margarine or butter
10 oz. regular marshmallows or
4 c. miniature marshmallows

Melt butter in large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from (cont'd)

Separate eggs. Beat yolks slightly. Add milk and lemon juice; mix well. Use egg whites, sugar, and cream of tartar to make meringue. Pour filling in crust. Top with meringue. Bake at 350 for 15 minutes or until light brown. Chill.

Debbie Mayes

Strawberry Pie

3 tbs. strawberry Jello	1 c. sugar
3 tbs. cornstarch	1 c. warm
1 tbs. red food coloring	water
1 qt. fresh strawberries	8 oz. Cool
9" cooked pie shell	Whip

Mix all dry ingredients. Pour in warm water; mix. Cook on medium-low heat until thick, stirring constantly to avoid sticking. Let cool. Add strawberries and mix. Put in cooked pie shell. Serve with Cool Whip on top.

Shelvia Waters

If you find any errors in this cookbook, be advised that they are there for a reason. We try to print something for everyone and some people are always looking for mistakes.

Millionaire Pie

1 can Eagle Brand Milk
 9 oz. Cool Whip
 1 can crushed pineapples
 (slightly drained)
 7 oz. coconut
 1 sm. can mandarin oranges (drained)
 1/4 c. lemon juice
 2 graham cracker crusts

Mix all ingredients together and pour into crusts. Chill for several hours before serving.

Gwen Lacy

Ms. Reese's Peanut Butter Squares

1 stick of margarine	2 c. peanut
16 oz. powdered sugar	butter
1 1/2 c. graham cracker crumbs	
12 oz. pkg. chocolate chips	
(real chocolate)	
1/2 bar paraffin	

Melt margarine and peanut butter in double boiler. Stir until smooth; add powdered sugar. Pour into pan and let cool. Cut into squares. Melt chocolate chips and paraffin in a double boiler. Stir until smooth. Pour over squares. Place in refrigerator.

Mary Drake

No Cook Peanut Butter Logs

1 c. chunky peanut butter 2 tbs. butter
 3 c. Rice Krispies chopped nuts
 1 1/4 c. confectioners sugar

In mixing bowl, blend together peanut butter and butter. Stir in confectioners sugar. Add cereal, mixing well, crushing slightly. Shape into three 7" x 1 1/4" logs. Pat nuts over logs. Wrap in foil or Saran Wrap; chill. Slice in 1/2" slices. Makes one pound.

Jean Lowe

Old Fashioned Banana Pudding

2 tbs. corn starch 3/4 c. sugar
 pinch of salt 1 c. milk
 1/2 stick margarine 2 egg yolks
 1 tsp. vanilla wafers
 ripe bananas

Separate egg yolks from whites. Keep whites for meringue. Beat yolks with milk, using a fork; mix together all dry ingredients. Add milk and egg yolks to dry mixture. Put in top of double boiler. Add butter and cook on medium heat until thick. Stir constantly. Remove from heat, add vanilla. Stir. Layer a dish with vanilla wafers and banana slices. Alternate layers. Pour pudding over layers. Spread meringue over pudding and brown in a 350 oven. Crumble about 2 wafers over whites before browning for decorating. Its best to double or triple this recipe for guests.

Regina Chambers

Pamela's Party Cream Puffs

8 oz. cream cheese
 3 bags Stella Doro Arginette cookies
 16 oz. crushed pineapples
 12 oz. bowl Cool Whip

Combine drained pineapples, cream cheese, and Cool Whip. Mix well and refrigerate while cutting cookies. Carefully cut cookies in half. Spread cream cheese mixture generously on lower half and cover with top half. Gently use pressure to secure cover. Refrigerate overnight.

Norma Reeves

Peach Cobbler (Never Fail)

3/4 c. self-rising flour 3/4 c. milk
 1 stick oleo 1 c. sugar
 4 c. or lg. can sliced peaches

Melt oleo. Mix dry ingredients with milk. Pour in baking pan; add fruit. Stir fruit to arrange it around. Bake 1 hour at 325.

Anita Burgess

Peach Dessert

1 c. plain flour 1 stick oleo
 1 c. chopped nuts

Melt oleo; mix in flour and nuts. Press in large Pyrex dish. Bake for 25 minutes at 350. Let cool.

8 oz. Cool Whip 8 oz. cream
 3 c. powdered sugar cheese
 (cont'd)

Raisin Creme Pie

1 1/2 c. dark raisins	3 egg yolks
3 tbs. cornstarch	1 1/2 c. sugar
1 1/2 tsp. vanilla	1/8 tsp. salt
3 tbs. butter	2 c. milk

Plump raisins by pouring boiling water over them. Let sit 15 minutes. Drain. Mix all together and add raisins. Bring to a boil. Pour into baked pie shell; cool. Top with Cool Whip.

Kim La Rock

Strawberry Heaven

1 sm. Angel Food Cake	1/4 lemon
1 can Eagle Brand Milk	juice
12 oz. Cool Whip	
20 oz. strawberries, sweetened and mashed	

Combine strawberries, lemon juice, milk, and Cool Whip. Mix well. Break up cake into bite-sized pieces and add to strawberry mixture. Refrigerate 2 or 3 hours before serving. Pineapple chunks may be substituted for strawberries.

Alishia Scott

INDEX

<u>Recipe</u>	<u>Page No.</u>
<u>Appetizers</u>	
Artichoke Dip.....	1
Bacon-Cheese Rollups.....	1
Bratwurst Sausage Balls.....	1
Broccoli Dip.....	2
Buffalo Wings.....	2
Cheese Ball Recipes.....	3,4,5
Chicken Ball.....	4
Cheese Dip Recipes.....	5,6,13
Cheese Pine Cones.....	6
Cheese Wafers.....	6
Ham and Cheese Rollups.....	12
Ham-Filled Cheese Puffs.....	7
Jack Horner Sandwiches.....	8
Mexican Cheese Dip.....	8
Peanut Butter and Jelly Sandwich.....	8
Petite Quiche.....	9
Pigs in a Blanket.....	10
Puppy Chow.....	10
Refrigerator Cheese Ball.....	11
Sausage Balls.....	10,13
Shrimp Dip.....	11
Shrimp Mold.....	11
Smokies.....	9
Snack Crackers.....	12
Spinach Dip.....	12
<u>Beverages</u>	
Black Cow Soda.....	31
Coca Cola Punch.....	31
Creamy Saboyon.....	31
Egg Nog.....	32
Fruit Slush.....	32
Hot Cranberry Punch.....	33
Hot Grasshopper Punch.....	33
Nutmeg Almond Float.....	34
Party Punch.....	34
Party Slush.....	34
Russian Tea.....	35
Strawberry Punch.....	35

Cream cheese and sugar, fold into Cool Whip, and spread over crust.

2 tbs. corn starch 1 c. water
1 lg. box peach jello 1 c. sugar
4 c. sliced peaches (fresh or canned)

Mix water, sugar, and corn starch; boil until clear. Cool slightly. Fold in jello; cool. Fold in peaches. Pour over cream cheese mixture. Chill until set.

Margie Watson

Peanut Butter Gravel

1 c. peanut butter 1 c. corn flakes
1 c. Karo syrup (white) 1 c. sugar

Bring syrup to a slow boil; add sugar. Stir sugar in slowly and boil. Remove from heat and add peanut butter. Pour cereal in melted peanut butter. Stir until cereal is coated evenly. Pour onto wax paper and form into balls. Use butter on fingers when forming balls.

Cam Bucy

No Syrup Pecan Pie

1/2 c. melted butter 1 c. pecans
1 c. light brown sugar 2 eggs
1/2 egg shell milk 1 tsp. vanilla
1 heaping tbs. flour

Combine all ingredients; pour into unbaked pie shell. Bake at 350 for 35 minutes, then 250 for 30 minutes.

Bebe Packard

Pineapple Ice Box Pie

12 oz. pineapple juice 2 eggs
1 lg. can Pet milk (chill) 1 c. sugar
1 box orange jello
1 box vanilla wafers

Beat eggs; add sugar and juice. Boil. Remove from stove, add jello and cool. Add milk; mix well with other ingredients.

Crust:

Place wafers around edge and bottom of pie pan. Pour mixture in; chill until pie is sliceable. Makes 2.

Carolyn Farmer

Pineapple Millionaire Pie

2 c. confectioner sugar 1 lg. egg
1/4 tsp. vanilla 1/4 tsp. salt
1/2 c. chopped nuts 1 c. heavy
2 baked 8" pie shells cream
1/2 c. margarine (softened)
1 c. drained, crushed pineapples

Cream together sugar and margarine. Add egg, salt, and vanilla. Mix until light and fluffy. Spoon mixture evenly into pie shells; chill. Whip cream until stiff. Blend in pineapple and nuts. Spoon on top of butter-sugar mixture. Chill thoroughly. Makes 2 pies.

Bebe Packard

INDEX

<u>Recipe</u>	<u>Page No.</u>
<u>Soups</u>	
Chili.....	15
Homemade Veggie Soup.....	15
North Carolina Brunswick Stew....	16
Potato Soup.....	16
Vegetable Chili.....	17
Virginia Brunswick Stew.....	17
<u>Salads</u>	
Anne's Tuna Salad.....	18
Apple Cheddar Salad.....	18
Bea's Corn Salad.....	18
Chef Thomas' Noodle Salad.....	19
Cherry Frozen Salad.....	19
Crab Spread.....	20
Crabmeat-Avocado Salad.....	20
Five Cup Salad.....	21
German Potato Salad Recipes.....	21, 22
Grandma's Bean Salad.....	22
Greg's Fruit Salad.....	23
Macaroni Salad.....	23
Marinated Vegetable Salad.....	24
Pasta Salad Recipes.....	24, 25
Pool Room Slaw.....	25
Rice Fruit Salad.....	26
Taco Salad.....	90
<u>Sauces</u>	
Bob's Barbeque Sauce.....	26
Chicken Sauce.....	26
Crepe Fruit Sauce.....	149
Mom's Spaghetti Sauce.....	27
Salsa de Barbacoa.....	29
Steak Marinade.....	28
Tomato Sauce.....	28

INDEX

<u>Recipe</u>	<u>Page No.</u>
<u>Main Dishes</u>	
<u>Poultry</u>	
Chinese Almond Chicken.....	59
Chicken Asparagus.....	59
Chicken Cacciatore.....	60, 61
Chicken Cacciatore Casserole.....	61
Chicken Casserole.....	61
Creamy Chicken and Rice.....	62
Crisp Crusted Baked Chicken.....	62
Chicken Enchiladas.....	63
Chicken with Linguine.....	63
Chicken Piccata.....	64
Chicken Pie.....	64
Chicken Poppy Seed Casserole.....	65
Chicken and Spaghetti.....	65
Chicken in Wine.....	66
Easy Chicken-n-Dumplings.....	67
Fried Chicken.....	66
Grilled Malibu Chicken.....	67
Holidays Chicken Patties.....	67
Japanese Sunday Dinner.....	68
Magic Chicken Chablis.....	69
One Pot Country Chicken Taco Pie.....	69
Turkey Cacciatore.....	70
Taco Pie.....	70
Zesty Chicken and Rice.....	71
<u>Fish</u>	
Broiled Snapper.....	71
Garlic Barbeque Shrimp.....	74
Grilled Shrimp.....	72
Mahi Mahi.....	74
Shrimp en Bisque.....	72
Shrimp Creole.....	73
Shrimp Scampi.....	75
Singles Casserole.....	73
Tuna Casserole.....	72
Tuna Mousse.....	73

INDEX

<u>Recipe</u>	<u>Page No</u>
<u>Main Dishes (cont'd)</u>	
<u>Beef</u>	
American Chow Mein.....	75
Barbeque Beef.....	76
Barbeque Beef.....	77
Barbeque Buckets.....	76
Batter Dipped Hot Dogs.....	76
Beef Ribs.....	87
Beef Tater Tot Casserole.....	77
Bev's Sukiyaki.....	88
Busy Day Casserole.....	78
Cheeseburger Casserole.....	79
Easy Barbeque Beef Tips.....	78
Green Enchiladas.....	79
Grandma's Hearty Hamburger Stew..	88
Hamburger and Mushrooms.....	80
Hoppin John.....	90
Hot Tamale Pie.....	80
Impossible Cheeseburger Pie.....	81
Lasagna.....	81, 93
Main Dish Macaroni.....	85
Meat Loaf Supreme.....	83
Quick Pizza.....	102
Roast.....	83
Scandinavian Meatballs.....	78
Simple Beef Stroganoff.....	84
Spaghetti and Meat Sauce.....	85
Spicy Spaghetti.....	84
Stack-a-Roll Stroganoff.....	85
Stuffed Bell Peppers.....	86
Stuffed Green Peppers.....	86
Sweet and Sour Meatballs.....	87
Taco Beef Noodle Bake.....	89
Taco Salad.....	90
<u>Pork</u>	
Breakfast Casserole.....	90
Jambalaya.....	94
Macaroni and Cheese with Smoky Sausage.....	92

INDEX

<u>Recipe</u>	<u>Page No.</u>
<u>Main Dishes</u>	
<u>Pork (cont'd)</u>	
One Pan Breakfast.....	92
Oven Omelet.....	95
Pork Casserole.....	94
Quiche Lorraine.....	96
Sausage Cabbage Casserole.....	93
Spaghetti Pie.....	82
Sweet and Sour Pork.....	91
"Willis" Infamous Sandwich.....	91
<u>Eggs</u>	
Beverly's Veggie Omelet.....	38
Crustless Spinach Quiche.....	44
Oven Omelet.....	95
Quiche Lorraine.....	96
Noodle Omelet.....	96
<u>Breads</u>	
Bacon Corn Meal Muffins.....	97
Buttermilk Biscuits.....	97
Egg Nog Muffins.....	98
Family Bread.....	98
Hush Puppies.....	99
Mexican Cornbread Recipes.....	99, 100
North Carolina Cornbread.....	100
Squash Bread.....	101
Zucchini Bread.....	101
<u>Rolls</u>	
Cheese Danish.....	104
Crescent Rolls with Half the Fat.	102
Mom's Yeast Rolls.....	103
Spoon Rolls.....	104
<u>Desserts</u>	
<u>Cakes</u>	
Apple Dapple Cake.....	105
Applesauce Cake.....	105
Apricot Nectar Cake.....	125
Banana Cake.....	106

INDEX

<u>Recipe</u>	<u>Page No.</u>
<u>Desserts</u>	
<i>Cakes (cont'd)</i>	
Banana Carrot Cake.....	106
Black Walnut Cake.....	107
Cake Delight.....	107
Carrot Cake.....	126
Cheese Cake	108
Chess Cake Recipes.....	108,109
Chocolate Cake.....	110
Chocolate Cookie Sheet Cake.....	110
Chocolate Peanut Butter Cake.....	111
Chocolate Torte Recipes.....	126,127
Cream Cheese Cake.....	111
Cream Cheese Pound Cake.....	112
Devil's Food Cake.....	112
Dirt Cake.....	113
Five Flavor Pound Cake.....	113
Fruit Upside Down Cake.....	114
German Chocolate Upside Down Cake	114
Italian Creme Cake.....	115
Mississippi Mud Cake.....	116
Mound Cake.....	116
Peanut Butter Cake.....	117
Pecan Cake.....	118
Pina Colada Cake.....	119
Pluck it Cake.....	119
Pumpkin Cake.....	120
Punch Bowl Cake.....	121
Red Velvet Cake.....	122
Spicy Carrot Cake.....	122
Strawberry Cake Recipes.....	123,124
Strawberry Yogurt Cake.....	124
Toll House Crumb Cake.....	125
<i>Icings</i>	
Caramel Icing.....	128
Icing.....	128
<i>Cookies</i>	
Applesauce Squares.....	144
Banana Cookies.....	129
Blonde Brownies.....	129,131

INDEX

<u>Recipe</u>	<u>Page No.</u>
<u>Desserts</u>	
<i>Cookies (cont'd)</i>	
Brownies.....	132
Brownies Delight.....	129
Buttermilk Pralines.....	130
Cashew Squares.....	130
Chess Bars.....	131
Chocolate Brownies.....	131
Chocolate Fudge.....	133
Coconut Macaroons.....	134
Cream Puffs.....	134
Crunchy Double Chip Cookies.....	134
Dish Pan Cookies.....	135
Easy Peanut Butter Cookies.....	139
Graham Cracker Cookies.....	136
Jello Cookies.....	136
Magic Cookie Bars.....	137
Microwave Fudge.....	137
Nona's Old Fashioned Brownies....	132
Nutty Haystacks.....	137
Oatmeal Cookies.....	138
Peanut Butter Blossoms.....	138
Pecan Millionaires.....	139
Pina Colada Wedges.....	140
Pumpkin Cookies.....	140
Ranger Cookies.....	141
Rice Krispies Treats.....	141
Sand Tarts.....	142
Skillet Strawberry Cookies.....	142
Spice Glaze for Cookies.....	141
Strawberry Pretzels.....	143
Uncooked Chocolate Cookies.....	143
<i>Pies</i>	
Black Forest Pie.....	144
Buttermilk Coconut Pie.....	145
Buttermilk Jello.....	146
Cheesecake Pie.....	146
Cheesecake Royal.....	146
Cherry Crunch.....	147

INDEX

<u>Recipe</u>	<u>Page No.</u>
<u>Desserts</u>	
<i>Pies (cont'd)</i>	
Chess Pie.....	147
Chocolate Pie Recipes.....	148
Creamy Lemon Meringue Pie.....	149
Crepe Fruit Sauce.....	149
Dessert Crepes Menagere.....	150
Four-Layered Dessert.....	150
Georgia Pecan Pie.....	151
Lemon Ice Box Pie.....	151
Millionaire Pie.....	153
Ms. Reese's Peanut Butter Squares	153
No Cook Peanut Butter Logs.....	154
No Syrup Pecan Pie.....	155
Old Fashioned Banana Pudding.....	154
Pamela's Party Cream Puffs.....	155
Peach Cobbler.....	155
Peach Dessert.....	155
Peanut Butter Gravel.....	156
Pineapple Ice Box Pie.....	157
Pineapple Millionaire Pie.....	157
Raisin Creme Pie.....	158
Strawberry Heaven.....	158
Strawberry Pie.....	152
<u>Vegetables</u>	
Baked Bean Recipes.....	37
Baked Corn.....	38
Baked Tomatoes.....	38
Broccoli Casserole.....	39
Broccoli Roma.....	39
Brown Rice.....	40
Brussels Sprouts in Orange Sauce.	40
Buttery Spinach.....	41
Candied Yams.....	41
Carrots and Brussels Sprouts.....	42
Collard Greens.....	43
Confetti Casserole.....	43

INDEX

<u>Recipe</u>	<u>Page No.</u>
<u>Vegetables (cont'd)</u>	
Cream Corn.....	44
Elegant Green Bean Casserole.....	45
Fried Cabbage.....	46
Fried Corn.....	46
Fried Green Tomatoes.....	46
Fried Squash.....	47
Garbonzo Pot Pie.....	47
Gladys' Bean Casserole.....	48
Green Bean Casserole.....	48
Hash Brown Casserole.....	49
Italian Green Beans.....	49
Laura's Simple Candied Yams.....	41
Neal's Baked Beans.....	50
Pineapple-Rice Casserole.....	58
Potato Casserole.....	50
Quick Maple Candied Carrots.....	50
Red Beans and Rice.....	51
Red Cabbage with Apples.....	51
Scalloped Potatoes.....	52
Spanish Potatoes.....	52
Spicy Cabbage.....	52
Squash Casserole Recipes.....	53, 54
Strike Survival Patties.....	54
Stuffed Potatoes.....	55
Sweet Potato Casserole Recipes...	55, 56
Sweet Potatoes Deluxe.....	57
Tater Tot Surprise.....	58

TERMS

Used in Cooking

APPETIZER	A small serving of food served before or as the first course of a meal.
ASPIC	A transparent jelly, usually meat, which has been boiled down to become firm when cold.
BATTER	A mixture of flour or liquid that can be beaten or stirred.
BISQUE	A rich thick cream soup made from fish.
BLANCH	To place fruits or nuts in boiling water to remove skins, also to dip vegetables in boiling water in preparation for freezing, canning or drying.
BOUILLABAISE	A chowder made from several varieties of fish and wine.
BOUILLON	Clear soup made from lean beef or chicken.
BRAISE	To brown meat or vegetables in hot fat, then to cook slowly in small amount of liquid.
CARAMEL	Burnt sugar syrup used for coloring and flavoring. Also a chewy candy.
CHICORY	A plant root that is cut into slices, dried and roasted into coffee. The plant leaves are used for salad and sometimes call curly endive.
CIDER	The juice from pressed apples used as a beverage or to make vinegar.
CLARIFY	To make a liquid clear by adding beaten egg white and egg shells. The egg coagulates in hot liquid and cloudiness adheres to it. The liquid is then strained.
COBBLER	A fruit pie with a rich biscuit dough made in a deep-dish.
COCKTAIL	An appetizer served before or as the first course of a meal. An alcoholic beverage served before the dinner; or cut shellfish with tart sauce served at the start of a meal.
CRACKLINGS	Crisp particles left after fat has been fried out.



CROQUETTES	Chopped meat held together by eggs, shaped and dipped into crumbs, then fried.
DOUGH	A mixture of flour and liquid that is stiff enough to be kneaded.
DRIPPINGS	Liquids resulting from meat being cooked.
ENTREE	The main course of a meal.
FONDUE	A dish made of cheese, eggs, etc.
FRITTERS	Vegetables or fruit covered with batter then fried in deep fat.
FROSTING	A sugar that has been cooked and used to cover cakes, and other foods.
GIBLETS	The liver, gizzard or heart of poultry.
GINGER	An aromatic, pungent root sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.
GLAZE	Ice or glossed over. Meats are glazed by covering with concentrated stocks or jellies.
GRATE	Cut into tiny particles, using small holes of grater
HORS d'OEUVRES	Tart, salty or crisp foods served as appetizers.
INFUSION	Liquid extracted from tea, herbs or coffee.
JULIENNE	Cut in fine strips or strings.
KNEAD	To place dough on flat surface and work it, pressing down with knuckles, then fold over, repeating several times.
LEGUMES	The seeds of certain plants, as peas, beans, peanuts, and lentils.
MACEDOINE	A mixture of fruits or vegetables.
MARJORAM	May be used both green and dry for flavoring soups and ragouts, and in stuffing for all meats and fish.
MARINATE	Let food stand in liquid that will add flavor or tenderize.
MINCE	To cut foods in very fine pieces.
MORNAY	A white sauce containing cheese.
OREGANO	Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.
SHRED	Cut into thin pieces, using large holes of grater or shredder (cheese).



PARE	Cut off outer covering with a knife or other sharp tool (potatoes, apples).
PEEL	Strip off outer covering (oranges).
PIQUANT	A sharp sauce.
SCALD	Heat milk to just below the boiling point. Tiny bubbles form at edge.
SIMMER	Cook in liquid just below the boiling point. Bubbles form slowly and collapse below the surface.
TARRAGON	Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Used to flavor vinegar.

FOOD PROCESSES

BAKE	To cook by dry heat, usually in an oven.
BARBECUE	To roast or broil whole, as a hog, fowl, etc. Usually done in a revolving frame over coals or upright in front of coals. To cook thin slices of meat in a highly seasoned vinegar sauce.
BOIL	To cook in liquid, usually water, in which large bubbles rise rapidly and continually so that all the liquid is agitated.
BOILING POINT	The temperature reached when a mixture maintains a full bubbling motion on its surface.
BREW	To cook in hot liquid until flavor is extracted.
BROIL	To cook by exposing the food directly to the heat.
BRAISE	To cook meat by searing in fat, then simmering in a covered dish in small amount of moisture.
CANDY	To conserve or preserve by boiling with sugar. To incrust or coat with sugar.
COATSPOON	When a mixture forms a thin even film on the spoon.
COODLE	To cook slowly and gently in a liquid just below the boiling point.
CREAM	To beat until soft and fluffy. Usually applied to shortening and sugar.
CUBE	To cut in even sized pieces.
CUT	To divide foods with a knife or scissors.
DICE	To cut into small cubes.
DISSOLVE	To pass into solution.
FOLD	To combine, using a motion beginning vertically down through the mixture, continuing across the bottom of the bowl and ending with an upward and over motion.



ABBREVIATIONS COMMONLY USED

1sp. - teaspoon	oz. - ounce or ounces
Tbsp. - tablespoon	lb. - pound or pounds
c. - cup	sq. - square
pt. - pint	min. - minute or minutes
qt. - quart	hr. - hour or hours
pk. - peck	mod. - moderate or moderately
bu. - bushel	doz. - dozen

SIMPLIFIED MEASURES

dash - less than 1/8 teaspoon	2 pints (4 cups) - 1 quart
3 teaspoons - 1 tablespoon	4 quarts (liquid) - 1 gallon
16 tablespoons - 1 cup	8 quarts (solid) - 1 peck
1 cup - 1/2 pint	4 pecks - 1 bushel
2 cups - 1 pint	16 ounces - 1 pound

If you want to measure part-cups by the tablespoon, remember:
 4 tablespoons - 1/4 cup 10 2/3 tablespoons - 2/3 cup
 5 1/3 tablespoons - 1/3 cup 12 tablespoons - 3/4 cup
 8 tablespoons - 1/2 cup 14 tablespoons - 7/8 cup

OVEN TEMPERATURES





Slow	250 to 300 Degrees
Slow moderate	325
Moderate	350
Quick moderate	375
Moderately hot	400
Hot	425 to 450
Very Hot	475 to 500

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8 oz.	1 cup
picnic	1 1/4 cups
#300	1 3/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

LEAVES, WEEDS & OTHER GOOD THINGS

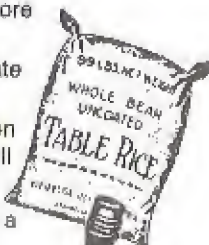
Use This Herb →	BASIL	BAY LEAF	CHIVE	CURRY POWDER	DILL
When You Fix: ↓	Aromatic odor, warm sweet flavor used whole or ground	A pungent flavor. Available as whole leaf	Mild flavor of onion	Blend of spices in proper proportion	Aromatic odor with delicate caraway flavor
Meats, Casseroles	Beef Stew, Steak, Veal, Lamb, Venison	Meats, Stews, Sauerbraten		Curries of Meat, Veal. Mildly hot casseroles	Veal, Pork, Spareribs, Lamb Stew
Poultry, Seafood	Chicken, Duck, Fish, Seafood cocktails	Poached fish		Fish dishes Chicken, Fish, Shrimp, Chicken salad	Fish dishes, Chicken salad
Vegetables, Pickles, Preserves	Tomatoes, Potatoes, Peas, Squash, Herb Butter	Pickled beets, Relishes	Potato dishes, Vegetable garnish	Various vegetables, Pickled carrots, Green bean sticks	Potatoes baked or boiled, Tomatoes, Beans, Pickles, Garnish
Eggs And Cheese		Egg salad, Egg dishes, Cheese dishes	Sprinkle on top of dishes with cheeses	Fresh cheese, Cheese combo dishes	Eggs Benedict, Egg and Cheese dishes
Rice, Noodles, Spaghetti	Spanish rice, Spaghetti dishes			Oriental touch to rice	Buttered noodles
Soups, Salads, Sauces	Bean, Mock turtle, Potato soups, Tossed salads	Vegetable and Fish soups, Tomato sauces and Gravies, Marinades	Various Soups and Salads	Gravies, Flavor teaser in soups, Chili sauce, Shrimp sauce	Fish and Vegetable salads, Butter sauce, Cream sauce



"Little Known" HOUSEHOLD HINTS

GENERAL

- Rubbing alcohol will remove ball-point pen ink marks.
- Candles chilled for 24 hours in refrigerator will burn longer and not drip.
- Baking soda on a damp cloth will remove grime and grease from glass on oven door.
- Window cleaner will clean and polish exterior of appliances — stove, refrigerator — also small appliances, taps, etc.
- Mixture of half salt and half hot vinegar rubbed on brass will clean and polish.
- To re-smooth Teflon pans, boil for 5 to 10 minutes in the pan, a mixture of 1 cup water, 2 tablespoons baking soda, 1/2 cup liquid bleach. Wash in suds and rinse thoroughly. Then before using, wipe the surface with salad oil.
- To remove gum from hair, rub a plain chocolate bar in hair — then wash.
- A cloth wrung out of a solution of 1 tablespoon cornstarch dissolved in one quart of water, will make windows and mirrors sparkle.
- Cold tea, coffee grounds, or egg shells make a good fertilizer for house plants and act as insecticides, too.
- Try waxing your ashtrays. Ashes won't cling, odors won't linger and they can be wiped clean with a paper towel or disposable tissue. This saves daily washing.
- Stamp a few moth balls into the ground near flower beds to keep dogs away.



- To save mess in making bread or graham cracker crumbs, place in plastic bag and roll with rolling pin.
- Add a little salad oil in when you cook macaroni or spaghetti and it will not boil over or stick.



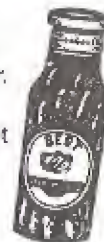
VINEGAR

- A bowl of vinegar placed in a stuffy or smokey room will absorb tobacco smoke or the smell of paint, and keep the air fresh.



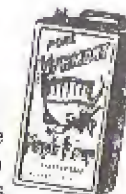
MILK

- Rinse pan with cold water before heating milk in it to prevent scorching and make cleaning easier.
- To make sour milk from sweet milk, add 1 tablespoon vinegar or lemon juice to 1 cup sweet milk.



PIES

- When baking fruit pies, cut holes in the upper crust with a thimble, place crust on pie. The holes will become larger, then place the little round circles back in place. Makes pies very decorative and serves for the steam and juice openings.
- Make your two-crust pies the night before you need them. Put in refrigerator overnight. In the morning take from refrigerator. Let pie warm to room temperature, if in glassware, so the glass won't break. Bake as usual.
- Put cream or milk on top of two-crust pies for a nice brown pie.
- Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallows will come to the top.
- Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.



...that even your Grandmother
probably didn't know!



TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
ASPARAGUS	Wash; gently scrub with vegetable brush. Break the stalks. They will snap where tender part starts.	Cook covered in small amount of boiling salted water. Cut up Whole spears	8-10 mins. 10-15 mins.
BEANS, Green or Wax	Wash; remove ends and strings. Cut in 1-inch pieces, leave whole, or slit lengthwise.	Cook covered in small amount of boiling salted water.	20-30 mins.
NAVY BEANS, Dried	Rinse. Soak overnight in 3 times as much water as beans; OR bring to boil, simmer several minutes and let stand 1 hour or more.	Cover and simmer in water used for soaking. Add salt.	1 1/2 hours
BEETS	Cut off all but 1 inch of stems and root; wash and scrub thoroughly. Do not pare.	Cook covered in boiling salted water. Peel when done.	35-60 mins.
BROCCOLI	Remove tough part of stalks and outer leaves. Split rest of stalk almost to flowerets; OR cut in 1-inch pieces; separate stalks from flowerets.	Tie stalks in bundles using folded strips of foil. Cover, cook standing up in boiling, salted water. Cook pieces covered in boiling salted water to cover 5 to 8 mins.; add flowerets.	15-20 mins. 10-15 mins. Total
BRUSSELS SPROUTS	Wash thoroughly; cut off wilted leaves. If large Brussels sprouts, cut in half lengthwise.	Cook covered in small amount of boiling salted water.	10-15 mins.
CABBAGE, Green	Wash; remove wilted outer leaves. Cut in 6 to 8 wedges; OR sliced.	Cook covered in small amount of boiling salted water.	10-12 mins. Wedges
CARROTS	Wash, scrape or pare. Slice, cut up in quarters or strips, or leave whole.	Cook covered in small amount of boiling salted water or in consommé.	20-25 mins. Whole
CAULIFLOWER	Remove leaves and some of the woody stem. Leave whole or separate into flowerets.	Cook covered in small amount of boiling salted water.	20-25 mins. Whole 15-20 mins. Flowerets

YOUR DAILY NUTRIENTS

Food	Average Adult	Average Child
MEAT OR FISH	1 or more servings of wide variety. Liver once a week	Same as Adult
MILK	1 pint	1 quart
EGGS	1 egg. Dried peas or beans may be substituted 3 times a week.	Same as Adult
VEGETABLES	1 leafy green or yellow and 1 other (serve one raw), 1 potato.	Same as Adult
FRUITS	1/2 c. citrus or 1 c. tomato juice plus other fruits (raw, cooked or canned).	3/4 c. citrus or 1 1/2 c. tomato juice plus other fruits.
BREADS AND CEREALS	3 servings whole grain or "enriched" bread or cereal.	Same as Adult
BUTTER OR VITAMIN FORTIFIED MARGARINE	2 tablespoons	2-3 tablespoons

A VITAMIN PRIMER

Vitamin	Use In Body	Best Sources
A	For normal vision	Leafy greens, yellow vegetables and fruits, eggs, liver and milk
B1 (Thiamin)	For good appetite, good digestion and steady nerves	"Enriched" and whole grain bread and cereal. Dried peas and beans, peanuts, pork and liver.
C (Ascorbic Acid)	For healthy teeth, gums, bones and blood vessels.	Citrus fruits, tomato juice, leafy greens and potato.
B2 (Riboflavin)	For healthy skin and eyes.	Liver and kidney. Lean beef, leafy greens, milk.

CALORIE COUNTER

FRUITS

	Calories
Apple (raw) 1 small	70
Banana 1 medium	85
Blueberries (frozen/unsweetened) 1/2 cup	45
Cantaloupe Melon 1/2 melon large	60
Cherries, fresh/whole 1/2 cup	40
Cranberries (sauce) 1 cup	54
Grapes 1 cup	65
Dates 3 or 4	95
Grapefruit (unsu.) 1/2	55
Orange 1 medium	70
Peach (fresh) 1	35
Plums 2	50
Tangerine (fresh) 1	40
Watermelon 1" slice	60

MEATS

Bacon (crisp) 2 slices	95
Frankfurter 1	155
Hamburger (ave. fat/broiled) 3 ounces	245
Hamburger (lean/broiled) 3 ounces	185
Ham (boiled/lean) 3 ounces	200
Ham (baked) 1 slice	100
Lamb Leg Roast 3 ounces	235
Lamb Chop (rib) 3 ounces	300
Liver (fried) 3 1/2 ounces	210
Meat Loaf 1 slice	100
Pork Chop (med.) 3 ounces	340
Pork Roast 3 ounces	310
Pork Sausage 3 ounces	405
Roasts (Beef)	
Loin Roast 3 1/2 ounces	340
Pot Roast (round) 3 1/2 ounces	200
Rib Roast 3 1/2 ounces	260
Rump Roast 3 1/2 ounces	340
Spareribs 1 piece, 3 ribs	123
Swiss Steak 3 1/2 ounces	300
Veal Chop (med.) 3 ounces	185
Veal Roast 3 ounces	230

SALADS AND DRESSINGS

Apple and Carrot (no dressing) 1/2 cup	100
Chef Salad/reg. oil 1 Tbsp.	160
Chef Salad/mayonnaise 1 Tbsp.	125
Chef Salad/French, Roquefort 1 Tbsp.	105
Cole Slaw (no dressing) 1/2 cup	102
Fruit Gelatin 1 square	139
Potato Salad (no dressing) 1/2 cup	184
Waldorf (no dressing) 1/2 cup	140
Boiled Dressing 1 Tbsp.	28
French Dressing 1 Tbsp.	60
Mayonnaise 1 Tbsp.	110

CALORIE COUNTER

DESSERTS (cont.)

	Calories
Pumpkin 1 piece	265
Rhubarb 1 piece	265
Ice Cream:	
Chocolate Ice Cream 1/2 cup	200
Vanilla Ice Cream 1/2 cup	150
Miscellaneous:	
Chocolate Eclair, custard 1 small	250
Cookies, assorted 1, 3-inch dia.	120
Cream Puff 1	296
Jello, all flavors 1/2 cup	78

BEVERAGES AND JUICES

Beer 1 bottle, 12 oz.	185
Chocolate Malted 8 ounces	450
Cocoa (all milk) 8 ounces	235
Cocoa (milk & water) 8 ounces	140
Coffee (black/unsu.)	0

BREADS AND FLOUR FOODS

Baking Powder Biscuits 1 large or 2 sm.	129
Bran Muffin 1 medium	106
Corn Bread 1 small square	130
Dumplings 1 medium	70
Enriched White Bread 1 slice	60
French Bread 1 small slice	54
French Toast 1 slice	135
Macaroni and Cheese 1 cup	475
Melba Toast 1 slice	25
Noodles cooked 1 cup	200
Pancakes (wheat) 1, 4-inch	60
Raisin Bread 1 slice	80
Rye Bread 1 slice	71
Saltines 1	17
Soda Crackers 1	23
Waffles 1	216
Whole Wheat Bread 1 slice	55

BREAKFAST CEREALS

Corn Flakes 1 cup	96
Cream of Wheat 1 cup	120
Oatmeal 1 cup	148
Rice Flakes 1 cup	105
Shredded Wheat 1 biscuit	100
Sugar Krisps 1/2 cup	110

FISH AND FOWL

Bass 4 ounces	105
Brook Trout 4 ounces	130
Crabmeat (canned) 3 ounces	85
Fish Sticks 5 sticks or 4 oz.	200
Haddock (baked) 1 fillet	158
Haddock (broiled) 4 ounces (steak)	207

CALORIE COUNTER

CANDIES, SNACKS AND NUTS

	Calories
Almonds (salted) 12 to 15	93
Cashews 6 to 8	88
Chocolate Bar (nut) 2 ounce bar	340
Coconut (Shredded) 1 cup	344
English Toffee 1 piece	25
Fudge 1 ounce	115
Mints 5 very small	50
Peanuts (salted) 1 ounce	190
Peanuts (roasted) 1 cup	800
Pecans 6	104
Popcorn (plain) 1 cup	54
Potato Chips 10 medium chips	115
Pretzels 10 small sticks	35
Walnuts 8 to 10	100

DAIRY PRODUCTS

American Cheese 1 cube, 1 1/8 inch	100
Butter or Oleomargarine 1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss) 1 ounce	105
Cottage Cheese (uncreamed) 1 ounce	25
Cream, light 1 Tbsp.	30
Cream, whipped 1 Tbsp.	25
Egg White 1	15
Egg Yolk 1	61
Eggs (boiled or poached) 2	160
Eggs (scrambled) 2	220
Egg (fried) 1 medium	110
Yogurt (flavored) 4 ounces	60

DESSERTS

Cakes:	
Angel Food Cake 2" piece	110
Cheese Cake 2" piece	200
Chocolate Cake, iced 2" piece	445
Fruit Cake 2" piece	115
Pound Cake 1 ounce piece	140
Sponge Cake 2" piece	120
Shortcake with fruit 1 ave. slice	300
Cupcake, iced 1	185
Cupcake, plain 1	145
Pudding:	
Bread Pudding 1/2 cup	150
Flavored Puddings 1/2 cup	140
Pies:	
Apple 1 piece	331
Blueberry 1 piece	290
Cherry 1 piece	355
Custard 1 piece	280
Lemon Meringue 1 piece	305
Peach 1 piece	280

Hobbs House Moving

(Brad Hobbs, Owner)

*Buy & Sell Houses
Construct Foundations
(Free Estimates)*

Rt. 1, Box 128
Athens, AL 35611
Phone 233-4733

HORNBUCKLE EQUIPMENT COMPANY

MORGAN CITY, ALABAMA

USED TRACTORS

NEW AND USED FARM EQUIPMENT
BUSHHOGS * FINISHING MOWERS *
LANDSCAPING BOXES AND RAKES
PLOW * DISC HARROWS *
POST HOLE DIGGERS * SPREADERS
8 FT. TO 20 FT. EQUIPMENT TRAILERS

CALL FOR BUSINESS HOURS
MORGAN CITY — 205-498-2135

Bob's Portable Welding

New Hope, AL

\$25 Hr./1 Hr. Minimum

Phone: 723-4473



GOODYEAR

CLEM TIRE & APPLIANCE

303 W. Washington St.
Athens, AL 35611

CHARLES CLEM, JR., Owner
Phone 232-2940



Elkton Cabinet Works

Custom Cabinets & Wood Products

Steve Thompson
(Residence 615-468-2006)

Elkton, TN 38455
Phone: 615-468-2018

Home Interiors and Gifts, Inc.

Ann Ratley
Independent Contractor
(205) 536-7384

1021 Fairway Drive
Huntsville, AL 35816



C & L HOME IMPROVEMENT AND REPAIR INTERIOR AND EXTERIOR

DUANE CONN
(205) 536-1541

MODERNIZE



YOUR HOME

JIMMY LONG
(205) 536-1542

GENERAL ELECTRIC

V.I.P.

Pool & Recreation Center, Inc.
Executive Plaza
4717 University Dr., Suite 107

3 Months
for Only
\$75.00

Monday - Friday: 9 - 9
Saturday: 9 - 6 / Sunday: 1 - 6
830-5768



Renaissance Italian
Authentic Italian Cuisine prepared
and served in your own home

Chef - Larry Tougew
205-586-5596
205-883-8195



Jimmy's Greenhouse
and Garden Center

*Landscaping Service
Wholesale and Retail
Jimmy & Yvonne Williams
Phone (205) 233-0247*



